

WELLNESS SHOP-EAT GUIDE * GREAT VEGETARIAN RECIPES!

JANUARY/FEBRUARY 2011

Yummy

EASY MEALS EVERY DAY

HEALTHY BITES!

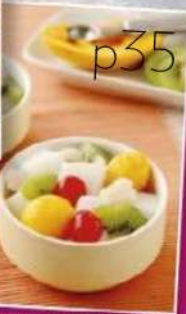
GO LOW-CAL & LOW-FAT
NUTRITIOUS DISHES
THE FAMILY WILL LIKE!

DIABETIC-FRIENDLY TREATS

Save time!
TASTY DINNER-TO-BREAKFAST-TO-DINNER RECIPES

Cooking 101
Be kitchen-confident!

ITALIAN CHICKEN BURGER WITH OVEN-BAKED FRIES



IN THIS ISSUE

Angel's All-Meat Pizza • Zucchini Pancakes with Burger Steak • Fruity Almond Jelly • Baked Fish with Ratatouille Sauce • Braised Caramel Pork • Tinapa Parcels with Mango Salsa • plus 56 more recipes!

Make pies this weekend!
real easy pizzas
Flip to page 43



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COVER RECIPE

ITALIAN CHICKEN BURGER

Roasted garlic, rosemary and chicken go well together; try these flavors in patty form for a healthier burger. Mushrooms add moisture—and you won't even miss the ketchup.

Makes 6 burgers **Prep Time** 15 minutes, plus 1 hour chilling time **Total Cooking Time** 24 minutes **Baking Time** 25 minutes

- ☐ 3 tablespoons fresh rosemary, chopped
- ☐ 1 cup button mushrooms, chopped
- ☐ ¼ cup finely chopped white onion
- ☐ 1 tablespoon Dijon mustard
- ☐ 2 heads roasted garlic, mashed into a paste with 1 teaspoon salt (to make about 2 tablespoons paste)
- ☐ freshly ground pepper
- ☐ 1 kilo ground chicken thighs
- ☐ olive oil for frying
- ☐ 6 burger buns, toasted
- ☐ lettuce, tomato, onion, roasted garlic

- ☐ mayonnaise (see tip), for fixins
- ☐ oven-baked fries, to serve

For the oven-baked fries

- ☐ 4 large potatoes, peeled, sliced into ¾-inch-thick strips
- ☐ 3 tablespoons olive oil
- ☐ ½ tablespoon salt

- 1 Make the seasoning mixture: Place rosemary, chopped mushrooms and onion, mustard, roasted garlic paste, and freshly ground pepper in a bowl. Stir to combine.
- 2 Place ground chicken in a large bowl. Add the seasoning mixture and stir gently with a fork, distributing the ingredients evenly. Form into 6 patties and place in the refrigerator for at least 1 hour to let the flavors meld.
- 3 Fry in a nonstick pan over medium heat with 1 tablespoon olive oil until the juices run clear, about 2 minutes on each side. Serve on a toasted bun with your preferred fixins.
- 4 Make the oven-baked fries: Preheat oven to 425°F. Place sliced potatoes on a large baking tray. Drizzle with olive oil and sprinkle with salt; toss to coat pieces evenly. Bake until edges begin to turn golden brown and fries are tender, about 20 to 25 minutes, shaking the pan every now and then so fries don't stick to the pan. Serve hot.

tip To make Roasted Garlic Mayonnaise, mix ½ cup plain mayonnaise with 1 tablespoon roasted garlic, a drizzle of olive oil, and salt and pepper to taste.

MEDITERRANEAN BEAN BURGER

Not quite like a falafel (which is made with the firmer chickpea) but close to it, this burger makes use of white cannellini beans and other fresh herbs.

Makes 2 burgers **Prep Time** 15 minutes, plus 4 hours chilling time **Total Cooking Time** 8 minutes

- ☐ 1 (400-gram) can cannellini beans
- ☐ 1 tablespoon chopped fresh oregano
- ☐ 1 tablespoon chopped fresh mint

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- ☐ 1 tablespoon tomato paste
- ☐ 1 medium onion, finely chopped
- ☐ 3 garlic cloves, finely chopped
- ☐ 1 medium egg, beaten lightly
- ☐ ¼ cup Japanese breadcrumbs
- ☐ 1 tablespoon flour
- ☐ ¼ teaspoon salt
- ☐ freshly ground pepper
- ☐ canola oil for frying
- ☐ lettuce, tomato, cucumber slices, yogurt sauce (see tip), to serve

- 1 Drain the beans and pour into a large bowl. Mash to a rough paste.
- 2 In a small bowl, combine oregano, mint, tomato paste, onion, garlic, and egg. Stir to combine. Add to mashed beans.
- 3 Add breadcrumbs, flour, salt, and pepper. Stir gently until the mixture is homogenous.
- 4 Form mixture into 2 patties, and chill for at least 4 hours.
- 5 Pour at least ¼ inch of canola oil into a nonstick frying pan. Fry patties over medium heat until they're a nice golden color.
- 6 Serve with toasted buns, fixins, and yogurt sauce.

tip To make yogurt sauce, mix ½ cup plain yogurt (or Greek if you can get it) with 1 tablespoon olive oil, juice from half a lemon, and salt and pepper to taste.

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Always in season



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yummy at a glance

Committed to cooking healthier dishes this year? Looking for low-sugar desserts that will still satisfy your sweet tooth? Want to get food on the table, fast? Here's your guide to planning yummy meals.



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Triple Layer Frozen Treat



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Good Sweets



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STRIPS OF CRISP

Take your generous fill of a bountiful feast and celebrate the New Year with a crunchy meat dish.

A Chinese dish seems incomplete without a mushroom. And among the several kinds of edible mushrooms, oyster mushroom is among the favorites. So called because of its semblance with oyster, it is prized not only for its taste but also for its nutritious and medicinal value as it contains vitamin C, B complex and protein. It is often served in soups, or in stir-fry dishes with soy sauce.

When buying oyster mushrooms, pick the ones that are neither too moist nor too dry, or slimy nor plump, and whose caps are as intact as possible. They should smell like anise spice, must be firm and free of wrinkles, and red and green patches.

ADVERTISING FEATURE

Sautéing oyster mushroom in butter brings out its maximum flavor as oyster mushrooms naturally have mild flavor. This goes well with a savory steak like **Meltique** Cube Roll, whose full bodied meat matches the Oriental taste.

Oriental Herb Crusted Beef with Oyster Mushroom

4 8oz. Meltique
Cube Roll

Herb Crust

1/2 tsp garlic,
chopped
1/2 tsp ginger juice
4 ounces mirin
4 tsp miso
4 ounces lemon
grass, finely diced
2 tbsp sesame oil
1/2 block Emborg
butter
1/2 cup bread
crumbs

Mushroom Reduction

4 large oyster
mushroom
1 1/2 cups dashi
stock

FOR THE BEEF

1 Mix the ingredients of the herb crust thoroughly to make a compound butter.

2 Lay a tray with cling wrap and spread the butter mixture evenly then top it off with another cling wrap.

3 Freeze overnight then cut according to the size of a steak.

4 In a hot cast iron skillet add peanut oil and sear the steaks to your liking. Put the cut butter mixture on top of the steak and broil until it becomes bubbly. Serve.

FOR THE MUSHROOM

Place the mushrooms in the same skillet for 30 seconds then add the dashi stock and reduce for 2 minutes. Pour over the beef and serve.

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EDITOR'S NOTE

Let's take care of ourselves, shall we?

If you've decided that 2011 is the year you weave in more healthy dishes into your everyday meals, then you're in the right place. Welcome to our annual eat-better issue! This one's packed with lots of great ideas. Trying to cut out fried stuff from your diet? Try one of our baked dishes. (Even the fries that accompany our cover burger are oven-baked!) Want to eat more fish? We've got plenty of delicious options from Steamed Salmon with Garlic Herb Yogurt to Miso-glazed Gindara. Are you a vegetarian? Our recipe feature, "Green and good," offers six easy recipes for different types of vegetarians, from vegans to lacto-ovo-vegetarians (whew, that's a mouthful!). Do you have a special diet to follow due to a health condition? Turn to "No less tasty" for dishes that are low in cholesterol, high in fiber, and still pleasing to the taste buds.

Aside from eating better, this issue is also about cooking better. Our Liezl Yap has put together a terrific cooking 101 guide in "Kitchen basics." It's a must-read for all of you who are just starting cooking or even if you're a seasoned cook who just wants to review basic kitchen knowledge (and enjoy some delightful illustrations!).

Before I let you go, I'd like to introduce two new additions to Team Yummy. Joey de Larrazabal-Blanco, the lovely voice of the 80breakfasts blog, joins us as our resident mom-who-cooks columnist, with quick and reliable recipes you and your family are bound to put into heavy rotation in your home. And Sharlene Tan, former *Yummy* associate food editor, is back in our pages with a column that will give you food business inspiration each month. Along with Joey and Shar, chefs Jun Jun de Guzman and Aileen Anastacio will give you recipes worth filing in your recipe box month after month.

Okay, go, devour this issue!

Becky

Becky Kho, editor in chief
becky@yummy.ph



PHOTOGRAPHY: AT MACULANGAN (EDITOR) AND WILLIAM MEPPEN (BACKGROUND)

Things to do on Yummy.ph

What you can do this January on our delicious website!



Easy does it!

Newbie cook? Level-up on your kitchen skills with easy recipes you can practice with—Pinoy Bean Salad for a healthy side dish; Ham and Mushroom Rice Pilaf for *baon*; Easy Beef Steaks with Roasted Potatoes and Onions for a quick family dinner. You can whip up delicious meals even when you're just starting to learn!

At Yummy.ph, we've got 1,000 recipes for you to search and print and follow to your heart's content. Search for ideas for your everyday meals, follow our top five recipe lists, and access our Web-exclusive recipes!



MEET GOOD-FOR-YOU GREENS

Check out our feature on local greens—*talbos ng kamote*, *kangkong*, *malunggay*, *pechay*, and company—and learn how to let their sweet, crisp flavors shine. Find out how to boil, stir-fry, sauté, and steam them for a tasty, healthy meal.



SHOPPING GUIDE! Let's get market-savvy

The search for fresh ingredients is the focus for this month's Yummy Lessons. How do you know what fresh fish and seafood looks and smells like? How do fresh fruits and vegetables feel when you touch them? How do you know when they're ripe? The answers are in our purchase guide to produce, meats, poultry, and fish.

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Connect with us! Know the latest about cooking and dining out! Share your food finds and kitchen tips! Let's chat and share on Facebook (www.facebook.com/yummymagazine) and Twitter (twitter.com/yummyph).



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Check out these scenes from our **Yummy Cooking Demos last December**, held at Metro Market!Market! and Shopwise Cubao. Thanks to all the Yummy readers who joined us (we hope you enjoy your freebies!); **Katherine Jao for demonstrating the holiday recipes** she made for our December issue; and our friends at **Angel Kremdensada** for making the event possible! See you at the next cooking demo!



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Meet our friends



MEL JIMENEZ

FOOD STYLIST

What I did for this issue Came up with the cover burger recipes!

Currently busy with... "Professionally, still shooting print ads and commercials."

Upcoming projects "Trying to recreate a preservative-free version of the Twinkie for a friend."

Training ground "I went to the California Culinary Academy after graduating from UP Diliman with a degree in BS Psychology."

Culinary idols "Grandparents, moms, and dads who cook for their families, not just to feed them but to make them happy with their favorite dishes."

When I feel like eating healthy, I'll have... "Oatmeal with cinnamon, dried fruit and milk for breakfast; if it's for lunch or dinner, I'll go for a bagged salad or frozen broccoli stir-fried with some lean protein and brown rice."

In 2011, I will... "Continue to eat healthy and hopefully influence other members of my family!"

ALDWIN ASPILLERA

PHOTOGRAPHER

What I did for this issue Shot vegetarian dishes for "Green and good!"

Training ground "Photography was my major in college. I

originally wanted to be a chef but there were no decent culinary schools then. So I took up Communication Arts in DLSU, and later majored in photography. I then apprenticed under Claudine Sia and Neil Lucente right before graduating. And the rest, as they say, is history."

Take a second to brag about... "I've accomplished a lot in the 12 years that I've been doing this but what I'm most proud of is the work. Even after 12 years of doing this every single day, I still enjoy myself every single time I hold that camera."

Photography philosophy "Always have fun. Photography is a hobby that I just happened to make a living out of. So for me, it's all about having fun."

In 2011, I will... "Finally enroll myself in a culinary school. But before classes start, I will take a much needed vacation."



AZA MAZON

ART DIRECTOR

What I did for this issue Drew up charming illustrations for "Kitchen basics"

On the job "I'm an art director for a multi-national direct selling company. I conceptualize and design catalog spreads, I art-direct photo shoots, style models and sets. I also do food styling for some of our shoots."

Currently busy with... "Taking care of our new ginger-colored cat named Kringle. He's an early Christmas present and he's a total joy!"

Upcoming projects "Aside from an intimate apparel shoot this January, I'm designing a T-shirt for a religious sector, and a couple of graphic prints for a paper company."

Winning draw "When kids are given pencils and crayons, their imaginations run wild. That's how I started. Most of my illustrations are whimsical, dreamy, and ethereal. But for this Yummy feature, I took a modern, minimalist approach." **When I feel like eating healthy, I'll have...** "Steamed fish with pita bread and hummus dip."



ANGELICA ABAN

CHEF, PIZZERIA TOSCANA

What I did for this issue Whipped up pizza-perfect recipes for Weekend Entertaining

Currently busy with... "Taking my PhD in Business Administration at UP Diliman."

Training ground "I trained under an Italian chef so my orientation then was really Italian cuisine. After a few months, I enrolled at the Center for Asian Culinary Studies to learn other cuisines, as well as to formalize my learnings."

Culinary idols "Chef Mario Batali, because of the way he whips up the yummiest dishes from the simplest ingredients, and my partner, Anthony Parungao—he is so imaginative with the use of ingredients."

Kitchen philosophy "It's best to have a wild imagination in the kitchen. There are no rules! Think of the taste and textures you can create from the blending of the simplest ingredients, then just do it!"

Healthy hits "Dehydrated apples! They're called apple chips. I get them from a specialty store. I also love to combine fresh strawberries, yogurt and honey in a blender to make healthy fruit shakes."



Organic Chef Sau Del Rosario Owner, Le Bistro Vert

Chef Sau and Philips—team up for good food, and good health

Whether it's the simplest of meals or the most lavish of feasts, truly good food not only pleases the palate, but also promotes wellness. And nobody knows this more than renowned cooking master Chef Sau. As a prolific young chef known for his wide variety of delectable dishes, Chef Sau always makes healthy cooking his top priority. It is a philosophy that Philips shares through its line of easy to use cooking appliances that are all designed to deliver the healthiest and tastiest meals for you and your family. So you can be sure that like Chef Sau, we have your health—and your appetite—at heart.

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PHILIPS



Yummy
goes healthy!



Tuna Pita Wrap

Grab a bite of this tasty tuna with refreshing twist of veggies and sweet kick of honey to get you going for the day!

Ingredients:

- 2 cups romaine lettuce, cut into bite size pieces
- 1 cup red seedless grapes
- 1/2 cup mandarin orange segments
- 1/4 cup walnut halves
- 1 small onion, sliced into rings
- 1-180 grams Century Tuna Lite Flakes in Veg Oil, drained
- 1/2 cup natural yogurt
- 1 teaspoon lemon juice
- 2 tablespoons honey

Procedure:

In a large clean bowl combine lettuce, grapes, orange segments, walnuts, onion rings and tuna. Set aside. Mix together yogurt, lemon juice and honey. Toss into the salad mixture. Chill well before serving.

Makes 4 servings.



Your letters



BAKING BLISS

I would like to thank Ms. Gel Colet of Swell Sweets for sharing her cake and frosting recipes. Attached are my pictures. I used Ms. Colet's Yuletide Cookies as a sample for our upcoming Christmas parties for the Cavite-Epza group.



I made several samples but they chose the Christmas Wreath Cookies. I have to make 10,000 pieces. Yes, that much! Yummy has been always my source of new ideas and recipes. I've been buying Yummy since March 2007, and the magazine never fails to excite me. More power!

Pia P. Mateo, pastry chef, Island Cove Hotel & Leisure Park

WHEE, MILK-FREE!

Just read the November 2010 issue. I love the Mochi Pearls recipe (page 36) by Pixie Sevilla-Santos. My niece is allergic to flour and milk so this recipe is perfect for her! Thanks, Yummy!

Jhoana Roslin-Bandillo

GIFT IDEAS

I've been searching the Internet for recipes of fondant and buttercream frosting, and your November issue answered my prayers! You also helped me decide what I'll give to my friends this Christmas—Glazed Chocolate Pretzels (page 20). Thanks, Yummy!

Loraine Gonzalgo Lanuza-Sementela



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Find us on www.facebook.com/yummymagazine.

A JOYFUL READ

Define happiness: Happiness is getting my latest issue of Yummy magazine, catching a whiff of the newly-opened magazine, browsing through it, and scheduling time to try the new recipes in it!

Guada Palabrica Tongco

ERRATA

In the recipe for Lengua with Three-Mushroom Sauce (November 2010, page 52), there is an error in the ingredient list. Instead of "2 tablespoons dried sage brandy," it should read 1/8 teaspoon dried sage and 2 tablespoons brandy. We regret the error, and we hope you'll still give it a try. The recipe is also featured in this issue's "Leftover Love" in Yummy Ideas, for more ways to enjoy the dish.



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Tara Let's Eat

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Channel 11

Yummy Ideas

Skinny nibbles

BAKED CHICKEN NUGGETS

Try our oven-baked version of the all-time favorite kiddie snack! Marinate 800 grams skinless and boneless chicken breasts (cut into 1½-inch squares) in 1 cup milk and 1 tablespoon *calamansi* juice for an hour or so in the refrigerator. Prepare the breading: Mix together 1 cup breadcrumbs, ½ cup grated light Parmesan or Cheddar cheese, 1 teaspoon salt, and 2 teaspoons chicken seasoning. In another bowl, beat 3 eggs with 3 tablespoons water. Toss all chicken pieces in flour. Dip in egg mixture then coat evenly with breadcrumb mixture. Spray each nugget with oil on both sides. Arrange nuggets on a wire rack and bake in a preheated 400°F oven for 25 minutes or until golden brown. Serve with Mango Barbecue Sauce: Purée 1 ripe mango until smooth. Sauté 1 tablespoon minced garlic in oil. Add 1 cup tomato sauce, puréed mango, 3 tablespoons soy sauce, 1 tablespoon Worcestershire sauce, 1 tablespoon sugar, a dash of hot sauce, salt, and pepper. Simmer for a few minutes. Remove from heat and stir in 1 tablespoon balsamic vinegar. Serves 6.

Better buns

SHIITAKE MUSHROOM BURGER

It's high in good carbs, fiber, and protein but also low in fat—yes, we're talking about this burger! Process 120 to 150 grams fresh shiitake mushrooms, $\frac{2}{3}$ cup rolled oats, 1 tablespoon minced garlic, $\frac{3}{4}$ cup whole-wheat breadcrumbs, 1 large egg white, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon dried oregano, $\frac{1}{3}$ cup grated light cheese, and $\frac{1}{4}$ cup fresh *malunggay* leaves in a food processor until uniformly ground. Let mixture stand in the fridge for about 30 minutes. Form into patties. Fry in very little oil over medium heat until brown on both sides. Patties can also be frozen; just thaw and cook when ready to eat. Sandwich each patty in a bun with a slice of cheese, arugula leaves, onion rings, and tomato slices. *Makes 6 large patties.*



Healthy swap

Trying to eat healthier or cutting down on calories? With these easy substitutions, you can enjoy your food and still be in the pink of health.



Lighten up

LOW-CARB CHICKEN TACO

To make tacos light and flavorful, just make this switch: Use fresh herbs and spices instead of sour cream and store-bought salsa (which are usually high in sodium), and romaine lettuce instead of taco shells! Sauté $1\frac{1}{2}$ teaspoons minced garlic in 1 tablespoon canola oil. Add 350 grams ground chicken; stir well. Season with $\frac{1}{2}$ teaspoon each salt and pepper, $\frac{1}{2}$ teaspoon ground cumin, and $\frac{1}{8}$ teaspoon cayenne pepper. When cooked, remove from heat. Mix in $\frac{1}{2}$ teaspoon *calamansi* juice; set aside. Make the fresh salsa: Mix together 1 cup diced and seeded tomatoes, $1\frac{1}{2}$ cups diced red and green bell peppers, 2 tablespoons diced white onions, and 2 tablespoons chopped cilantro; chill. To assemble, fill lettuce leaf with meat mixture. Add a layer of fresh salsa then top with low-fat Parmesan or Cheddar cheese. *Makes 6.*

Good bites

BAKED ZUCCHINI CHIPS

Using zucchini, which has only 17 calories per 100 grams, makes this potato chip alternative a great source of potassium and vitamins A and C. (Remember, don't remove the skin because that's where most of the nutrients come from!) Prepare the breading: Beat 3 eggs with $\frac{1}{4}$ cup water and place in a shallow bowl. Place $\frac{2}{3}$ cup flour and $1\frac{1}{2}$ cups breadcrumbs on separate plates. Slice 1 to 2 large zucchinis into $\frac{1}{4}$ -inch-thick rounds. Toss slices in flour. Dip each slice into the egg mixture then coat evenly with breadcrumbs. Place breaded zucchini on a tray and mist both sides lightly with oil. Arrange on a wire rack on top of a baking sheet. Bake at 450°F for about 10 minutes or until golden brown. In a small bowl, mix together 1 teaspoon garlic powder, $\frac{1}{4}$ teaspoon ground black pepper, $\frac{1}{2}$ teaspoon Spanish paprika, $\frac{1}{4}$ teaspoon cumin, $\frac{1}{2}$ tablespoon grated Parmesan cheese, $\frac{1}{2}$ tablespoon salt, and a pinch of cayenne pepper (optional). Sprinkle on baked zucchini chips as needed. Serve chips with preferred dip (optional). Store the rest of the seasoned salt in a cool, dry place for future use. *Serves 8.*



DRINK OF THE MONTH

KAMIAS SHAKE

We love the cool combo of sweet and sour flavors in this refreshing drink!

Blend together 50 grams *kamias* (sliced) with $\frac{1}{4}$ cup simple syrup, 1 cup water, and 5 ice cubes until smooth. Serve immediately. Serves 1. Recipe by Angel's Kitchen.



Terrific tool



Gondol salad spinner, P629.75, at leading department stores

SALAD SPINNER

There's more to the salad spinner than meets the eye! How else can you use it in the kitchen? Lettuce count the ways.

Draining pasta Colanders sometimes can't get pasta properly dry. Use the salad spinner to avoid the problem of watered-down sauces.

Cleaning and storing greens When we think of salad spinners, we always think of lettuce. But you can also use it to wash herbs, leeks, and even fruit.

Drying off potatoes pre-frying Before frying potatoes, it's crucial to dry them thoroughly to get that wonderful crisp. Use the salad spinner to get 'em nice and dry faster than you can say "french fries!"

THE TRY-IT-TASTE-IT ROW



Growers NutriBar A smart snacking solution for our often busy days: these healthy and yummy oat bars from Growers. Stash a few pieces in your office drawer and grab one for an any-time-of-day light snack. At supermarkets.



Country Chef Check out this new way to enjoy pomelo, mangosteen, and mango! To add zest to ho-hum greens, turn to a refreshing, tangy salad dressing from Country Chef. Available in Pomelo, Pomelo Mangosteen, and Mango. For orders, call 0922-8955385 or visit www.countrychef.weebly.com.



gastronomic and visual feast can truly be had—all day long. Branches at SM North EDSA and SM Mall of Asia.

Sakae Sushi We love the never-ending parade of fresh sushi and maki at Sakae Sushi, originally from Singapore. With their conveyor belt dining concept and automated sushi-making process, a

Elaine's FOOD ADDITION



Pork Barbecue Brown Rice Maki

Jap favorite made Pinoy! What we love most about this dish? It's a perfectly healthy take-with-you meal for people on the go!



In a bowl, combine 1½ cups cooked Doña Maria Jasponica brown rice with 1½ tablespoons seasoned sushi vinegar; allow to cool. Place a nori sheet on a sushi mat. Spread and press firmly half of the rice mixture on top, leaving a ½-inch border around the sheet. Lightly moisten the border with water. Align chopped pork barbecue (from 1 stick) on the top part of the rice mixture. Roll tightly. Repeat to make another roll. Slice each roll into 6 pieces. Serve with your preferred dipping sauce. For an on-the-go meal, slice each roll in half and cover in plastic wrap.



BOOKSHELF

What we're reading this month



The beloved food science writer Harold McGee is back with a new book, **Keys To Good Cooking (P1,385)**. It's 24 chapters of vital food information, from basic cooking methods and food safety to cooking with sugar and making candy. It's a must-have! • Pastry chef Kim Boyce's wonderful book, **Good To The Grain (P1,709)** is different in that the recipes don't present skinny, scaled-down versions of sweets. There's still butter and sugar and all the things that you expect baked goods to have—but the difference is that her recipes pair different types of whole-grain flour with ingredients that bring out their best flavors. • In **Now Eat This! (P925)**, celebrity chef Rocco Dispirito retools recipes for popular dishes (Philly cheesesteak, steak au poivre, chicken pot pie) to contain less than 350 calories per serving while keeping all the flavor. Comfort food has never been this guilt-free! • **Babycakes (P939)** is a must-read for vegans with a sweet tooth. Erin McKenna of Babycakes in New York City has finally come out with a much sought-after compilation of recipes for her veganized treats. No eggs, no dairy, no gluten, but all good. Start baking!

These books are available at National Book Store.

LEFTOVER LOVE: Lengua with Three-Mushroom Sauce

Go Mex and roll it up Make a Mexican-style juicy, tender, and filling *lengua* burrito in minutes. Just slice *lengua* pieces into strips. (For your picky eaters, chop *lengua* pieces into bits.) Place *lengua* slices in a warm tortilla with chopped onions, rice, and grated cheese; roll. Serve with salsa and a lime wedge on the side.

Convert it into a pie Make it an all-in-one dish by placing your leftovers in a casserole and spreading the top with a thick layer of mashed potato, covering completely. (Want a creamier and cheesier version? Top with grated quick-melt cheese!) Cover with foil and bake for 20 to 30 minutes at 350°F.

Pair it with bread and cheese Spread melted butter on slices of crusty bread and top with slices of hard cheese like Manchego or Edam; toast for 3 minutes. Slice *lengua* pieces into cubes and heat together with the leftover mushroom sauce. Serve together. Or just top the bread with *lengua* pieces, then mop up the rich sauce with bread as well. So yummy!



RECIPE IN THE NOVEMBER 2010 ISSUE

Nutrition FactsServing Size 2 cookies
Servings Per Container 8**Amount Per Serving****Calories 130** **Calories from Fat 60**

% Daily Value*

Total Fat 6g 9%**Saturated Fat 1.5g** 8%**Trans Fat 0.5g****Cholesterol 10mg** 3%**Sodium 170mg** 7%**Total Carbohydrate 17g** 6%**Dietary Fiber 1g** 4%**Sugars 14g****Protein 0g****Vitamin A 0%** **Vitamin C 0%****Calcium 0%** **Iron 0%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be lower or higher depending on your calorie needs.

LEARN IT: Reading nutrition facts

THE DILEMMA Sure, the nutrition facts are printed right there on the label. But how do you correctly interpret it to make sure that what you're eating is good for you?

HOW TO DECODE IT Let's break it down line by line. Serving size and servings per container mean two different things—and it's crucial to understand why. Serving size refers to the size of the serving that the nutrition facts are based on. This must be interpreted in the context of the number of servings per container, since manufacturers will often manipulate these numbers to their advantage. For example, a

pack of crackers may contain as little as 50 calories per serving, but if there are six servings per container, the whole pack of crackers contains 300 calories—almost as much as a small meal!

Next is the amount of calories per serving. Just because something has a low number of calories per serving doesn't mean that it's not fattening. For that, check the number of calories per fat. A product can have just 150 calories per serving, but if it has 120 calories from fat, that means 80% of it is fat—and that can't be good.

Labels also commonly show the total fat, cholesterol, sodium,

potassium, carbohydrate, and protein content of the product. This is fairly straightforward, but do keep in mind that these percentages are usually based on a 2,000-calorie per day diet—so take these amounts with a grain of salt. Also, remember that the numbers are still on a per serving basis. If the nutrition facts of a jar of pasta sauce are based on a serving size of two tablespoons, and a serving contains 40% of your recommended daily allowance (RDA) of sodium, that means that to properly sauce your pasta, you would likely consume 120% of the RDA of sodium. That's a lot of salt!

Good stuff

Grilled Chicken Salad with Roasted Garlic Vinaigrette

Spinach really ups the iron in this salad. Serve with warm, crusty bread on the side to make it a complete meal.



GRAB For the roasted garlic vinaigrette: 2 heads roasted garlic • juice of 2 lemons • 1 teaspoon Dijon mustard • 1 tablespoon balsamic vinegar • 3 tablespoons white wine vinegar • 2 teaspoons sugar • ½ cup olive oil • salt and pepper to taste • For the salad: 2 chicken breasts, patted dry • 1 romaine heart, chopped • 1 cup chopped spinach leaves • 3 tomatoes, seeded and diced • 6 sun-dried tomatoes in olive oil, julienned • ¼ cup black olives, sliced into thin rounds • ½ cup macaroni, cooked according to package directions, drained, tossed in 1 tablespoon olive oil • Parmesan shavings

MAKE Make the vinaigrette: Squeeze garlic into a large bowl. Whisk lemon juice, mustard, balsamic vinegar, white wine vinegar, and sugar into the garlic purée. Drizzle olive oil slowly into the bowl, whisking continuously. Season with salt and pepper. Set aside. Make the salad: Season chicken breasts with salt and pepper, then grill on a nonstick pan over medium heat until juices run clear. Set aside to cool, then cut into cubes. Combine lettuce, spinach, tomatoes, sun-dried tomatoes, black olives, macaroni, and chicken in a large serving bowl. Toss with ¼ cup dressing, adding more if you prefer. Shave some fresh Parmesan over the salad. Serve immediately, with more dressing on the side. Serves 2 to 3.

We asked: WHAT HEALTHY FOOD DO YOU RESOLVE TO EAT MORE OF THIS YEAR?

Food that contains a lot of fiber, like fruits and oats, for easy digestion!

—Cherry Andrade

Pineapple, because it's rich in vitamins and good for digestion. It also lowers blood pressure and has antioxidants! Yay!—Ain Soleus

Salads, particularly with pomelo and papaya. They're rich in flavor and fiber, and they're very light.—Apple Santos

Ampalaya. I ate it only three times last year!—Marizen Villamora

Next question

What was the last appliance you purchased and how has it helped you in the kitchen? Post your answers on www.facebook.com/yummymagazine, and check out next month's issue for your yummy ideas.

shopping list

YUMMY BUYS!



Can't drop your chip-and-dip habit? No need. Just switch to healthier options, like this new brand of locally produced tofu chips! **Soyami Soya Chips** in **White Cheddar** and **Original** (P38; also available in **Pizza** flavor) at leading supermarkets

Of course, we want the plates that hold our food to be completely safe too. Wash them with this liquid cleanser containing a coconut-derived cleaner and cane alcohol, and scented with organic citronella dish liquid. When you're done, take the bottle back to Ritual for refilling. Now that's clean and green!

Citronella Dish Liquid (P150), **Ritual** at **The Collective**



Skin-friendly, chemical-free lip balms in candy and ice cream flavors? Yes, please. **Human Heart Nature** lip balms in **Watermelon** and **Choco Vanilla** (P65 each), **ECHOstore** and www.humanheartnature.com



The weaving of olive green and burnt orange makes this native bag chicer than all the rest. **Bicol bag** (P295), **ECHOstore**



Perfect for shopping at the weekend market! Load this sturdy canvas bag with fresh produce for the week ahead. **Bag** by **Tamila** (P480), **ECHOstore**



Looking for a flip pad to jot down your meal plans and ingredient lists while on the go? We like the nationalistic flavor of this one. **Sorbetes notepad** by **Rina Albert Design** (P89), **Fully Booked**



Derived from coconut sap, coconut sugar is a natural alternative to refined sugars. The "natural" label means

this sugar has not undergone further processing and it contains no chemicals and additives. It's also said to be a diabetic-friendly option. **Coco Natura**, at leading supermarkets and **Bacchus** and **ECHOstore**



This soy milk is made from whole organic soybeans and it's delicious! You can do more than just drink it. Try swirling it in the next time you whip up a smoothie, a soup, or some muffins. **Natura in Soy Chocolate** (P120; also available in **Original**, **Vanilla**, and **Strawberry**), at **SM Supermarket** and **SM Hypermarket**

SHOPPERSPOTLIGHT



Chit Juan

She walks the talk—eco-conscious, community-empowering, organic and wellness talk, that is. Her ECHOStore has become the go-to shop for locally produced and natural food, beauty, and home care items. Find out what her favorite buys and shops are!

Favorite places to shop for food?

I don't really cook, I just love to eat. I go to the Legazpi Market on Sundays. Whatever vegetables I don't grow, I buy there. I like taking the raw fruit juices and shakes, the vegetable siopao, Mambos cheeses. I get *suman* and *biko* there too. For bread, I go to Lartizan. I also buy Chef Sau del Rosario's breads, which we carry in Le Bistro Vert. I also love nuts, just in sea salt. I always have the *pili* nuts from ECHOStore. We're lucky to have a regular *kasuy* supplier from Palawan. I buy kimchi from this Korean grocery in Silang, Cavite, right across Riviera Golf Course. It's made by Koreans and patronized by Koreans. It's really good. You can eat it with anything.

Favorite personal buys in ECHOStore?

The VCO soaps, the massage oil, our Spa in a Can, and the Home Basics Fruit and Veggie Wash because I eat a lot of salads so that's important. I also buy muscovado sugar here, which I like with *suman*.

Favorite way to drink coffee?

Just black. Brewed coffee.

Favorite supermarket sections?

Cheese and dairy. I like the fish section because I want to get to know fish, beyond bangus and tilapia and dory. Yesterday, I bought a pampano and put it in the turbo broiler with some tomatoes and rosemary. I ate it with *ampalaya* and *itlog maalat*. It was very good.

Favorite harvest?

I love harvesting arugula. It brings back a lot of nice memories for me, of when I first came across it in my travels. Here in ECHOCafé, we only serve arugula salad. We also grow romaine because I love

Caesar salad. It's the only thing I can make. We also have cilantro; I love it with just fresh tomatoes. Mustard leaves—you can wrap fish with it, you can *buro* it, you can put it in *sinigang*.

Best advice for people who want to be green shoppers?

Look at your shopping list. If you can find local alternatives, get local alternatives. Go to the weekend markets and get to know the growers. If you know the grower, you can safely buy.

What can we expect from ECHOStore this year?

We want to put inspirations from around the world. For two years, we've been all local. But there are so many new things that can inspire people, like these rocks or stones from France that you can use to wash clothes. No soap! We're thinking of calling it ECHOWorld. I also want kids to be exposed to green, solar- and wind-powered items because we have a lot of young mothers shopping here.

Your food resolution for 2011? For 2009, it was to eat no pork or beef as much as I can. For 2010, I skipped chicken during Lent. For 2011, I want to know what fish is safe to eat, safe in an environmental way. Get to know more fish so I can eat more of it.

Take a break at the in-store café and try this Warm Mushroom and Arugula Salad topped with Parmesan Crisps. Yummy!



Stop by: Le Petit Artisan



French-style breads fill the shelves at this cozy bread shop—think hefty, textured breads like Multigrain Bread, Sourdough Loaf Bread, and Walnut Loaf, and the baguette, of course. They also have mochi breads (top right), which have a softer, slightly chewy center. Great with coffee! If you're up for something new in your bread basket, try the charcoal-infused breads. Yup, that's what make those baguettes (bottom right) black. Jun Manalo, the master baker at this shop, tells us that the breads, which use imported charcoal, are unique to Le Petit Artisan. Reportedly, charcoal is a health-friendly ingredient, clearing the body of toxins.



Le Petit Artisan is at Greenbelt 5 and Serendra, both in Makati City.

Always in season

When it comes to fruit, fresh is often best—but dried can be just as good, too.

Fig-ure it out

Our favorite way to eat figs: halved and wrapped in bacon, then drizzled with a tiny bit of honey. Great as an appetizer! *Sunmaid California Mission Figs*, P169.75, Metro Gaisano



Pineapple express

Feel a cold coming on? Snack on these dried pineapple wedges, packed with vitamin C. *Lapu Lapu Dried Pineapple*, P41.25, Robinsons Supermarket



Berry healthy

All the goodness of raspberries, cherries, cranberries, and blueberries in one bag. Add to your breakfast cereal for an early morning vitamin and antioxidant boost. *Sunsweet Berry Blend*, P244.50, Metro Gaisano



Prune away

Here's a handy tip for baking with prunes and other dried fruits: Soak them in hot water first (or in rum, if you like) to get them nice and plump. *Healthy You Prunes*, P112, Robinsons Supermarket



Go green

If you love all things tart and sweet, these wonderfully chewy (and dangerously addictive) dried green mangoes have got the flavor combo down pat! *Philippines Brand Dried Green Mangoes*, P51.70, The Landmark



Snack attack

Individually packaged in small boxes for your convenience—stash several in your bag to tide you over when hunger suddenly strikes. *Ocean Spray Craisins* in six 100-calorie packs, P157.25, Metro Gaisano



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Everyday Recipes



Morning

EGGS BENEDICT

Start a wonderful day with an equally wonderful breakfast! If you prefer, replace the arugula with baby spinach and the ham with smoked salmon.

Serves 4 Prep Time 10 minutes

Cooking Time 15 minutes

- ☐ 1 tablespoon vinegar
- ☐ 8 eggs
- ☐ 4 English muffins, split and toasted
- ☐ 30 grams butter, melted
- ☐ 40 grams arugula
- ☐ 60 grams thinly sliced ham

- ☐ freshly ground black pepper

For the hollandaise sauce

- ☐ 3 egg yolks
- ☐ 2 tablespoons lemon juice
- ☐ 150 grams butter, melted

1 Bring a medium frying pan of water to boil on high. Add vinegar and reduce heat to simmer. Keep warm.
2 Make the hollandaise sauce: Combine egg yolks and lemon juice in a heat-resistant bowl. Place over a saucepan of gently simmering water and

whisk constantly for 1 to 2 minutes, until thick and creamy. Remove from heat. Add butter in a thin stream, whisking until thickened. Season to taste. Keep warm.

3 Bring water back to a slow simmer and add eggs in batches of 2 or 4 (depending on the size of the pan). Poach eggs for 2 to 3 minutes, splashing water over eggs until cooked to taste.

4 Brush muffins with butter and top with arugula and a slice of ham. Remove eggs from water with a slotted spoon, draining well. Place on toasted muffins and serve drizzled with hollandaise sauce and a grinding of pepper. Serve warm.



Noon

CRISPY OYSTER MUSHROOMS

Here are some useful tips: Strain oil after cooking to remove crumbs and change oil after every 2 to 3 uses. Keep mushrooms warm in a 300°F oven. Japanese crumbs have a crisp, airy texture and are found in the Asian section of the supermarket.

Serves 4 Prep Time 15 minutes, plus chilling time

Cooking Time 10 minutes

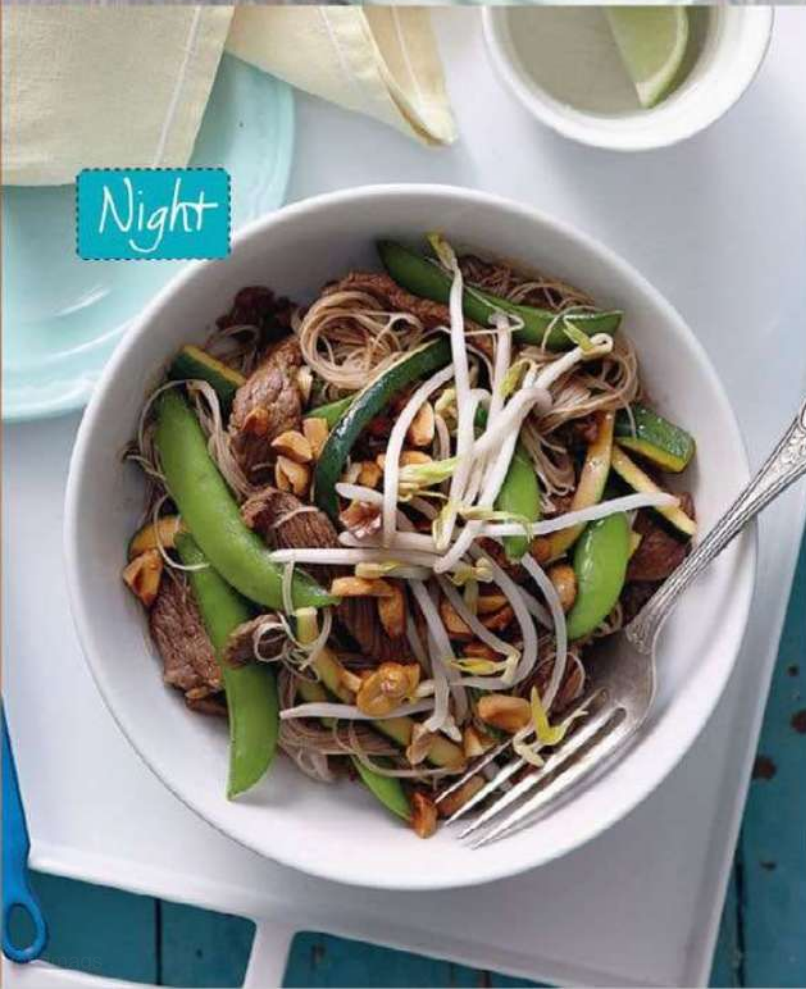
- ☐ 20 grams oyster mushrooms, trimmed
- ☐ ½ cup seasoned flour
- ☐ ¼ cup milk
- ☐ 1 egg
- ☐ 1 cup Japanese (or plain) breadcrumbs
- ☐ oil for shallow-frying
- ☐ snow pea sprouts or tom yao for garnish
- ☐ salad, sweet chili sauce, lime wedges, to serve

1 Dust mushrooms lightly in flour, shaking off excess. Then, dip into combined milk and egg.

2 Coat mushrooms with crumbs, making sure you press them on firmly. Transfer to a plate and chill for at least 20 minutes.

3 Heat enough oil for shallow-frying in a large frying pan on medium heat, until a piece of bread sizzles immediately when added.

4 Fry mushrooms in 3 batches, for 1 to 2 minutes, turning, until golden. Drain on paper towels. Keep warm. Serve garnished with snow pea sprouts and accompanied with salad, sweet chili sauce, and lime wedges.



Night

STIR-FRIED BEEF AND BLACK BEAN

If you're in a real rush, you can use pre-sliced beef strips. And don't forget: Always prepare noodles following the instructions on the packet.

Serves 4 Prep Time 10 minutes **Cooking Time** 10 minutes

- ☐ 1 tablespoon peanut oil
- ☐ ½ cup roughly chopped unsalted peanuts
- ☐ 400 grams beef fillet or rump, sliced thinly
- ☐ 1 zucchini, cut into strips
- ☐ 100 grams sugar snap peas, trimmed
- ☐ ¼ cup black bean sauce
- ☐ ¼ cup hot water
- ☐ 2 teaspoons caster sugar
- ☐ 1 (100-gram) pack vermicelli rice noodles, soaked and drained
- ☐ 100 grams enoki mushrooms, trimmed
- ☐ 2 cups bean sprouts

1 Heat oil in a large wok or frying pan on high. Stir-fry nuts for 1 to 2 minutes. Transfer to a plate.

2 Add meat, in 2 batches, and stir-fry for 1 to 2 minutes each. Return all beef to wok with zucchini and sugar snaps. Add combined sauce, water, and sugar. Stir-fry for 1 to 2 minutes.

3 Toss noodles through mixture with enoki and sprouts. Stir-fry 1 minute, until vegetables are just tender. Serve sprinkled with nuts.

Hey, Home Baker!

BY AILEEN ANASTACIO



Happy New Year, everyone! After all the merry eating I did during the holidays, I'm back to my regular routine. For me, this year is all about having a healthier lifestyle. A few months ago, I started running again aside from my regular visits to the gym. I got so hooked that I would run almost every day if my schedule permitted. I also practice Bikram yoga and play badminton on some days. This routine allows me to enjoy my food without having to go on a diet!

This year however, my plan is to increase my intake of organic produce and lessen my sodium, fat, and sugar intake. But this doesn't mean that I'm giving up my dessert. No way! I'm simply tweaking some recipes to make them healthier—lessening the amount of sugar, substituting low-fat milk for whole milk, adjusting the serving size—and going for fruit-based desserts.

This recipe is a good example of what I'm talking about. The original recipe is loaded with sugar and fat, but I made a few healthy changes without sacrificing the flavor. You can have a slice without the guilt! Now don't you think it's a great treat to greet 2011 with?



Strawberry Layer Cake

ABOUT THE COLUMNIST Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies N' Sweets. She is also the author of *Home Café*, a book on desserts and coffee. For more of Aileen's recipes and to read about her culinary adventures, visit gourmetgoodies.blogspot.com. To download Aileen's recipes on your mobile phone, text CHEF to 2346 or go to <http://chefaileen.com> on your mobile browser. Corresponding charges per MMS download will be applied.

STRAWBERRY LAYER CAKE

Makes 1 (9-inch) cake **Prep Time** 25 minutes **Baking Time** 30 minutes

For the vanilla chiffon cake

- ☐ 1 cup cake flour
- ☐ ⅓ cup sugar
- ☐ 1 teaspoon baking powder
- ☐ ¼ teaspoon salt
- ☐ ⅓ cup corn oil
- ☐ 4 eggs, separated
- ☐ ⅓ cup water
- ☐ ¼ cup low-fat milk
- ☐ 1 teaspoon vanilla extract
- ☐ ¼ teaspoon cream of tartar
- ☐ ¼ cup sugar

For the strawberry mousse

- ☐ 8 ounces frozen or fresh strawberries, hulled and cleaned
- ☐ ⅔ cup sugar
- ☐ 3 tablespoons water
- ☐ 2 tablespoons Chambord, Cointreau, or framboise (optional)
- ☐ 1½ teaspoons powdered gelatin
- ☐ 1½ cups heavy cream

For the topping

- ☐ ½ cup heavy cream
- ☐ 2 tablespoons confectioners' sugar
- ☐ about 3 cups fresh strawberries, hulled

1 Preheat oven to 350°F. Line a 9-inch round or 8x12-inch rectangular baking pan; set aside. Thaw frozen strawberries, if using.

2 Make the vanilla chiffon cake: In a medium bowl, sift together cake flour, sugar, baking powder, and salt.

3 In a separate bowl, whisk together corn oil, egg yolks, water, milk, and vanilla extract. Add to the cake flour mixture, mixing until combined and smooth.

4 In the bowl of an electric mixer fitted with the whisk attachment, whip egg whites and cream of tartar on medium speed until frothy. Increase speed to medium-high and gradually add sugar, whipping until glossy and stiff.

5 Gradually fold the whipped egg whites into the batter; blend well.

6 Transfer batter into the prepared pan and bake for 30 minutes or until top springs back when touched. Do not prick.

7 Remove from the oven and allow to cool completely.

8 Make the strawberry mousse: Purée strawberries; strain to remove seeds. Stir in sugar until dissolved.

9 In a separate bowl, combine the water and liqueur, if using. Sprinkle gelatin over and allow to bloom, about 5 minutes. Melt gelatin mixture over low heat until completely dissolved.

10 Gradually whisk gelatin into fruit purée. You can stir the mixture over an ice bath until it starts to thicken.

11 In the bowl of an electric mixer fitted with the whisk attachment, whip cream and fold into the fruit purée. Mix until combined and smooth.

12 Line a 9-inch cake ring with an acetate strip. Place ring over a cake plate or stand.

13 Slice cooled chiffon cake horizontally into ¼-inch-thick layers. Place 1 layer into the cake ring.

14 Pour about 2 to 2½ cups of strawberry mousse over the first layer. Using a metal spatula, spread and even out the mousse layer.

15 Top the mousse gently with another chiffon cake layer. Place in the freezer for at least 2 hours or until set. Unmold the cake from the cake ring.

16 Decorate the cake: In the bowl of an electric mixer fitted with the whisk attachment, whip heavy cream to soft peaks then gradually add confectioners' sugar. Spread about ¼ to ½ cup of the whipped cream over the chiffon cake. Top with fresh strawberries.





Japanese food is the simplest of all the cuisines in the world! Since this dish is so simple and uses only a handful of ingredients, the most important thing is to use the best quality ingredients. The delicious glaze gives this dish its edge—and combining it with melt-in-your-mouth gindara takes it over the top! (The glaze can also be used with other types of white meat, enhancing and bringing out their best flavors.) Although gindara may be expensive, a single fillet will go a long way since its taste and texture are both so wonderful.

Just one important cooking tip: Make sure not to overcook your gindara—good crusting happens by first searing the outer flesh over high heat and then immediately lowering the flame to further cook the inner meat of the fish.

ABOUT THE COLUMNIST

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman is a popular chef instructor as well as programs director at the Center for Asian Culinary Studies in San Juan. (His students and friends fondly call him “Chefie”.) He is also a member of the Council of Chefs of the USDA-FAS. Whenever he can, he heads abroad for further studies. Most recently, he was at the UFM Baking School in Bangkok where he took the US Wheat course on Frozen Dough Technology and classes at the Macaron Pastry Training Center with Chef Eric Perez. Visit his blog at www.chefjunjun.com to read about his life as a chef and get more of his recipes.

MISO-GLAZED GINDARA

Serves 6 Prep Time 20 minutes Cooking Time 15 minutes

- **3 gindara (codfish) fillets, skin on**
- **salt and pepper**
- **2 tablespoons canola oil**

For the miso glaze

- **2 tablespoons mirin**
- **1½ tablespoons yellow miso paste**
- **¼ cup light soy sauce (we used Kikkoman)**
- **2 teaspoons sugar**

1 Season fillets with salt and pepper; set aside.

2 In a very hot pan, pour in oil. Slowly transfer fillets into pan. Flip fillets after 2 minutes to cook the other side. Remove from heat when cooked (insert a knife into the center of the fish; if it's warm, it is cooked just right); set aside.

3 Make the sauce: Place all ingredients in a saucepan, mix, and cook until thick.

4 Immediately spoon sauce over fish. Serve with rice.

Pour-fectly To achieve good glazing, pour the hot sauce on the fish fillets while they're still hot.



Noodleliciously Healthy



Soy Glazed Salmon on Sapporo Pancit Bihon

Ingredients:

- 250 grams Sapporo Pancit Bihon
- 250 grams salmon fillet (cut into 2 portions)
- 2 cups chicken stock
- 2 pcs. chicken broth cubes
- 8 pcs. small baby bok choy
- 2-3 tbsps. soy sauce
- 1 tbsp. sesame oil
- 2 tbsp. sesame seeds (toasted)
- 1 tbsp. oyster sauce
- Salt and pepper to taste
- Vegetable oil.

Procedure:

Bring to a boil Sapporo Pancit Bihon for 2 minutes. Drain then rinse under cold water and set aside. Season both sides of salmon fillet with salt and pepper. Add 1-tablespoon vegetable oil to a hot ovenproof skillet over medium heat. Place salmon in skillet, skin side down and cook approximately for 3 minutes or until salmon appears opaque nearly cooked halfway through. Flip the salmon, add soy sauce to skillet and swirl to coat. When cooking of salmon is almost done, heat another pan over high heat and add 2 tablespoons vegetable oil. Stir fry bok choy for approximately 2 minutes, or until brown. Remove from the frying pan and place in an ovenproof bowl. Cook Sapporo Bihon in the pan and add more oil if necessary. Toss constantly until heated through. Add 1-teaspoon sesame seeds and sesame oil and toss for 2 minutes to blend the flavors well. Place the cooked Sapporo Pancit Bihon in a mound in the center of a serving plate. Add oyster sauce to bok choy and toss. Arrange bok choy around the plate. Place salmon fillets glazed side up over Sapporo Pancit Bihon and sprinkle with sesame seeds. Serve and enjoy.





Between managing a career, running a household, taking care of my baby, and getting some quality downtime, it can be somewhat of a challenge to get something both tasty and nutritious on the table. I'm sure any working mom will agree. A challenge, yes, but certainly not impossible.

This dish is the sort of thing I turn to on those busy weeknights when I want to throw a meal together with minimal fuss and still serve my family something healthy and yummy. Salmon is rich in omega-3 fatty acids, and both salmon and yogurt are considered "superfoods". This garlic herb yogurt is my all-purpose dip, which I often use to replace other richer dips or sauces. It feels and tastes just as indulgent as dips made with mayonnaise or cream cheese.

Steaming is a wonderful way to prepare fish as you avoid cooking with added oil. It is also a very forgiving method of cooking as it keeps the fish moist. After all the holiday feasting, it's doubly important to have light meals like this one to regain our balance. The bonus is that you can whip this up in a flash, so you know a wholesome meal is just a few minutes away!

ABOUT THE COLUMNIST

Joey started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 80breakfasts.blogspot.com

STEAMED SALMON WITH GARLIC HERB YOGURT

Serves 4 Prep Time 10 minutes Cooking Time 7 to 10 minutes

For the garlic herb yogurt

- ☐ 1 to 2 sprigs flat-leaf parsley
- ☐ 1 to 2 sprigs cilantro
- ☐ 1 bunch dill
- ☐ ½ cup plus 1 tablespoon plain Greek yogurt (we used Rizal Dairy Farms Greek yogurt)
- ☐ 1 tablespoon extra virgin olive oil
- ☐ sea salt and freshly cracked black pepper

- ☐ 4 (150- to 180-gram) salmon fillets
- ☐ 1 lemon, sliced into rounds

1 Make the garlic herb yogurt: Pick the leaves off the parsley and cilantro sprigs. Take 1 to 2 sprigs of dill and pick leaves off as well. Chop all the leaves finely. Mix the chopped herbs with the yogurt and olive oil until well combined. Season to taste with salt and pepper. Keep in the fridge until ready to serve.

2 Place water in a wok, cover, and place over high heat to boil.

3 Meanwhile, line a bamboo steamer basket with parchment paper. Poke some holes in the parchment with a knife or a skewer. Line the parchment with the rest of the dill. Season the salmon fillets with salt and pepper and place fillets over the dill. Top each fillet with a lemon slice (save the rest of the lemon to serve alongside the cooked salmon) and cover the steamer.

4 Once the water comes to a boil, lower the heat to a fast simmer and place steamer basket on the wok. Make sure the water does not touch the steamer basket; discard excess water if necessary. Steam the fish for about 7 to 10 minutes or until just done. You can check by piercing the fish lightly with the point of a small knife; if it flakes easily, it's done.

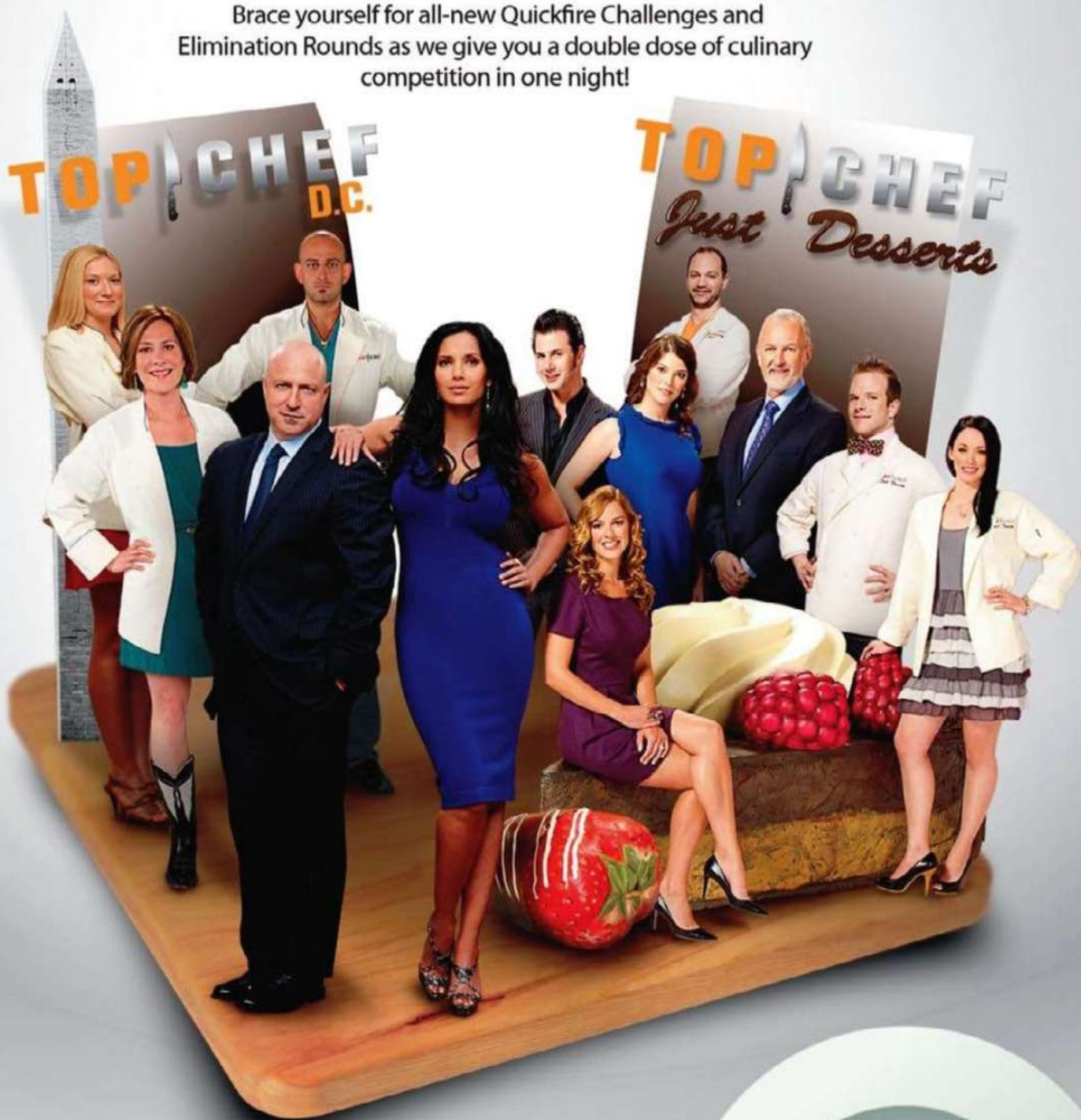
5 Garnish salmon fillets with dill and black pepper. Serve with the garlic herb yogurt and extra lemon slices on the side.



Got more? If you have leftovers, you can flake the salmon and make a sandwich spread with any extra yogurt. You can also use the flaked salmon to top a salad or toss with some pasta.

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I'm so excited to be back in Yummy—this time as a columnist. It is my hope that I will be able to inspire as I share with you my personal recipe files and business ideas each month!

For my first column, my recipe idea revolves around french fries. Why so? Well, look around you. Wherever you go, there's a stall serving french fries and customers lining up for it. Fries have evolved from being plain fried potato strips to flavored fries and twisted potato sticks (it's the next hot food fad!).

If you're planning to go into the french fry business, innovation is key. What's a new way to flavor it or present it? You can go the gourmet route: Offer new flavors that go beyond cheese, barbecue, and sour cream. You can even offer different shapes like thin potato chip-like pieces, cubes, or balls.

But first, you must learn how to cook it successfully. The best french fries are those that are crisp outside and soft inside. Use the Russet potato variety—they absorb less oil, thus making them crispy. There's also a trick to achieving this texture. As you'll see in these recipes, the potatoes we all know and love undergo deep-frying twice!

ABOUT THE COLUMNIST

Sharlene Tan, creator of Goodles pasta bar, loves everything about food—from cooking and dining out, to teaching friends how to cook and styling food for the camera. When her schedule permits, she takes time to travel, often to Hong Kong, which she considers her second home. A few days off to visit her favorite shops and food stops always bring her to a new level of inspiration. Drop her a line at sharlene@ilovegoodles.com.

GOURMET FRIES DUO

Parmesan and Black Pepper Fries

Serves 6 to 8 **Prep Time** 5 minutes

Cooking Time about 20 minutes, plus at least 30 minutes resting time

- 500 grams frozen potato wedges
- 50 grams grated Parmesan cheese
- salt to taste
- freshly cracked black pepper

1 Blanch potato wedges in oil on medium-low heat (about 320°F) for about 8 minutes. Set aside on paper towels and let cool for about 30 minutes.

2 When ready to serve, heat oil to about 350°F then deep-fry fries until golden, stirring occasionally. Drain on paper towels for a minute or two.

3 Transfer to a bowl or a large plastic container with a lid. In another bowl, mix together Parmesan cheese, salt, and 8 rounds of pepper. Pour over fries and toss around until well-coated, being careful to keep the fries crisp.

4 Transfer to a serving platter and top with more black pepper.

Fresh Fries with White Chocolate and Baileys Dip

Serves 6 to 8 **Prep Time** 10 minutes

Cooking Time about 30 minutes, plus at least 30 minutes resting time

- 1 bag frozen french fries
- salt to taste
- ½ cup fresh milk
- 150 grams white chocolate, chopped
- 4 teaspoons Baileys Irish Cream Liqueur

1 Deep-fry frozen fries using the double frying technique (*see recipe at left*). Season with salt.

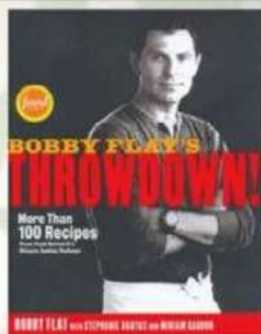
2 Make the white chocolate dip: In a saucepan over very low heat, warm milk. In a double boiler, place the warm milk and chopped chocolate pieces; mix well until pieces are fully melted. Add Baileys Irish Cream Liqueur. Turn off fire then transfer to a small container and serve with fries.



National Book Store

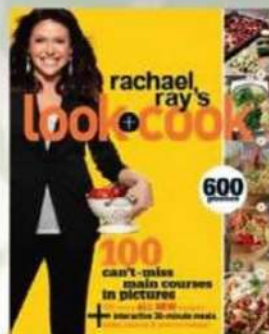


COOK WITH THE CELEBRITY CHEFS



BOBBY FLAY'S THROWDOWN!
BY BOBBY FLAY

The ultimate companion cookbook to one of America's favorite food shows, *Bobby Flay's Throwdown!* lets home cooks and fans in on the action, featuring favorite Throwdown! moments and behind-the-scenes peeks alongside beautiful, all-new color food photography created just for this book.



RACHAEL RAY'S LOOK + COOK
BY RACHAEL RAY

Rachael now presents her best idea yet: *Rachael Ray's Look + Cook*—100 brand-new recipes, each featuring beautiful and helpful step-by-step full-color photographs that illustrate how to create each meal, along with photographs of the gorgeous finished dishes. You literally look along while you cook!



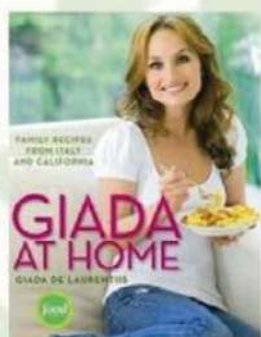
BAREFOOT CONTESSA HOW EASY IS THAT?
BY INA GARTEN

In *Barefoot Contessa How Easy Is That?* Ina proves once again that it doesn't take complicated techniques, special equipment, or stops at more than one grocery store to make wonderful dishes for your family and friends. Her newest must-have cookbook is all about saving time and avoiding stress while having fun in the kitchen.



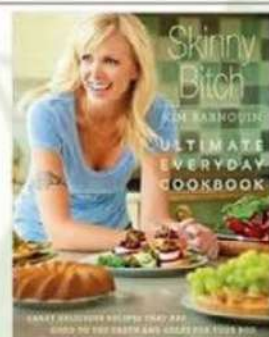
FOOD STYLING
BY DELORES CUSTER

In *Food Styling*, master stylist Delores Custer presents the definitive reference in the field—complete with detailed information on essential tools and useful equipment, step-by-step guidance on achieving the perfect shot, and a wealth of tried-and-true techniques for everything



GIADA AT HOME
BY GIADA DE LAURENTIIS

Since her debut on Food Network in 2002 with the hit program *Everyday Italian*, Giada De Laurentiis has been enticing Americans with her updated twists on Italian favorites. Her dedication to ease, healthfulness, and—above all else—flavor have won her a permanent place in the hearts of home cooks.



SKINNY BITCH ULTIMATE EVERYDAY COOKBOOK
BY KIM BARNOUIN

Whether readers are looking to gradually add more meatless dishes to their meals, or want to go "all-out" vegan, *Skinny Bitch: Ultimate Everyday Cookbook* will be their "go-to" source for getting their "bitch" on—in the kitchen.



MOLTO GUSTO
BY MARIO BATALI

The bestselling author of *Italian Grill* and *Molto Italiano* delivers a gorgeous collection of mouthwatering recipes to bring some Italian favorites home.



NIGELLA KITCHEN
BY NIGELLA LAWSON

With 190 mouth watering and inspiring recipes, including more than 60 express-style recipes (30 minutes or under), *Nigella Kitchen* offers plenty of choice—from clams with chorizo to Guinness gingerbread, from Asian braised beef shank to chocolate key lime pie, from pasta alla genovese to Venetian carrot cake.



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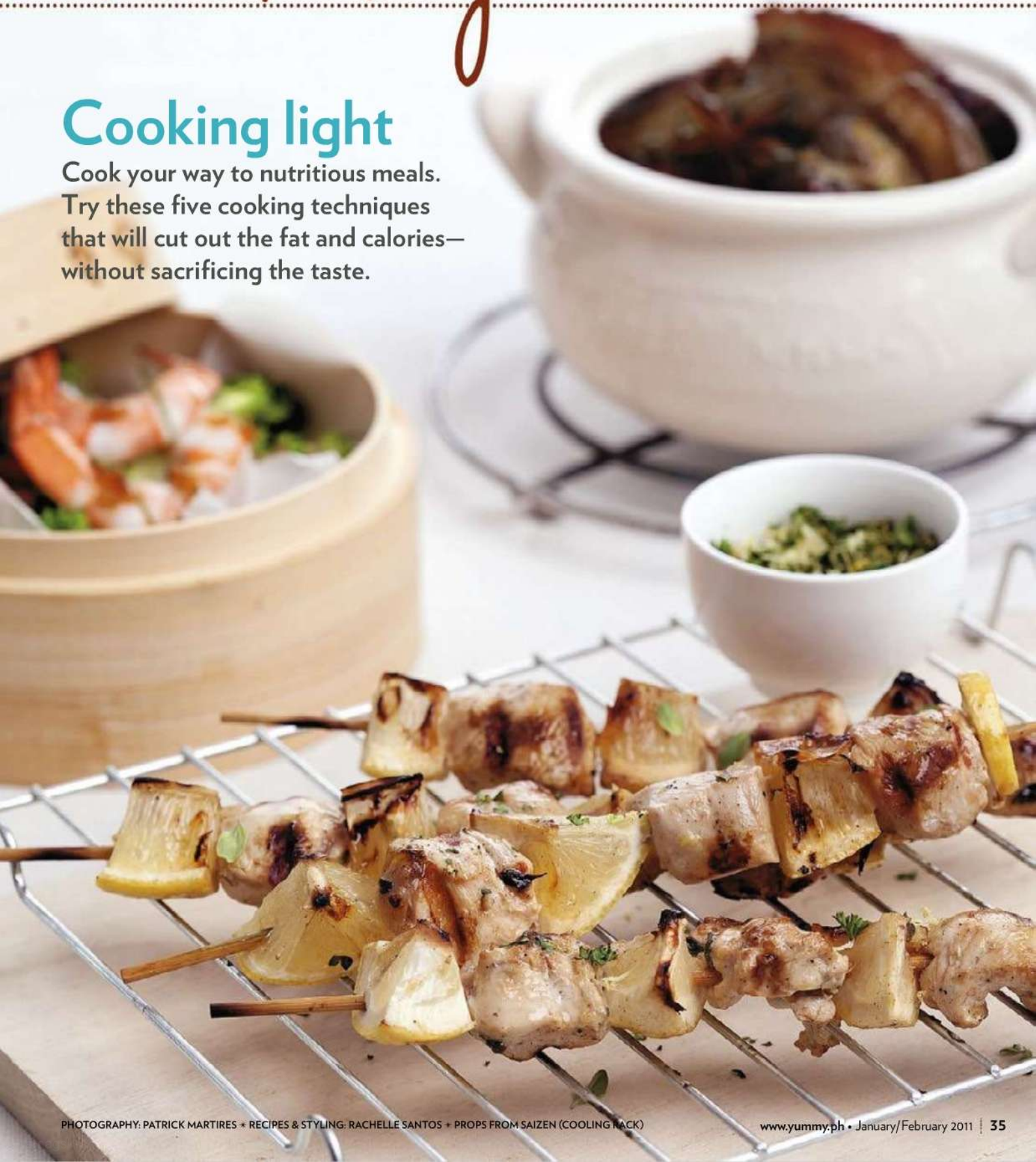
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Weekday COOKING

Cooking light

Cook your way to nutritious meals. Try these five cooking techniques that will cut out the fat and calories—without sacrificing the taste.



MONDAY

BAKED CASHEW AND HERB-CRUSTED FISH FILLET

Baking, instead of frying, reduces the amount of fat in this dish. The moist, luscious fish is perfectly complemented by the tasty, crisp crust.

Serves 4 **Prep Time** 15 minutes

Baking Time 20 minutes

- ☐ 4 (200-gram) cream dory fillets
- ☐ 2 tablespoons lemon juice
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons olive oil
- ☐ ½ cup Japanese breadcrumbs
- ☐ ½ cup coarsely chopped cashew nuts
- ☐ ¼ cup grated Parmesan cheese
- ☐ 3 tablespoons chopped fresh basil or tarragon
- ☐ ¼ cup butter, melted
- ☐ blanched green beans, to serve (optional)

1 Marinate fish fillets in lemon juice and salt for 10 minutes. Coat both sides of the fillets with olive oil then arrange fillets on a baking pan.

2 In a bowl, combine breadcrumbs, cashew nuts, Parmesan cheese, basil or tarragon, and butter; mix well. Spread breadcrumb mixture on top of each fish fillet, pressing mixture gently to adhere.

3 Bake in a preheated 350°F oven or in a turbo broiler set at 325°F for 20 minutes or until fish is cooked through. Transfer to a serving dish and serve with blanched green beans, if desired.



TUESDAY

BRAISED CARAMEL PORK

Braising pork and cooking it low and slow guarantees maximum tenderness and allows the meat to absorb all the wonderful seasonings and spices. Pair it with steamed red rice for a satisfying meal.

Serves 6 Prep Time 15 minutes

Cooking Time 1½ hours

- ☐ 1 tablespoon cooking oil
- ☐ 1 kilo pork belly, cut into 2-inch pieces
- ☐ 8 shallots or 1 medium red onion, chopped
- ☐ 1 tablespoon minced garlic
- ☐ ¼ cup light soy sauce
- ☐ ¾ cup (125 grams) Thai palm sugar or *panocha*
- ☐ 1 cup water
- ☐ 1 tablespoon fish sauce
- ☐ 3 pieces star anise
- ☐ 1 teaspoon five-spice powder
- ☐ 8 medium fresh or rehydrated dried shiitake mushrooms, sliced into strips
- ☐ ⅓ cup chopped green onions, divided
- ☐ salt and pepper to taste

1 Heat oil in a wok over medium heat. Add one-third of the pork and sear for 5 minutes or until brown all over. Repeat with the remaining pork. Set aside.

2 In the same pan, sauté shallots until translucent. Add garlic and sauté until fragrant. Add pork, soy sauce, palm sugar, water, fish sauce, star anise, and five-spice powder. Mix well and bring to a boil. Reduce heat to low and cook, covered, stirring occasionally, for 1½ hours or until pork is very tender and sauce has thickened.

3 Add mushrooms and one-fourth of the chopped green onions. Mix well and continue to cook for another 10 minutes. Adjust seasoning with salt and pepper. Transfer to a serving dish and sprinkle with remaining green onions.



WEDNESDAY

STIR-FRIED TENDERLOIN WITH LEMONGRASS

Pressed for time? Turn to stir-frying. This protein-packed, low-fat dish is infused with zesty lemongrass and fresh cilantro for that vibrant Thai flavor.

Serves 3 to 4 **Prep Time** 15 minutes

Cooking Time 10 minutes

- ☐ 1½ tablespoons brown sugar
- ☐ 1 tablespoon *kecap manis* (sweet soy sauce)
- ☐ 1 tablespoon fish sauce
- ☐ ½ teaspoon salt
- ☐ ¼ teaspoon black pepper
- ☐ 400 grams tenderloin, sliced into 2½-inch strips
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cooking oil
- ☐ 1 medium red onion, sliced thinly
- ☐ 2 teaspoons finely chopped garlic
- ☐ 5 stalks lemongrass, trimmed and minced
- ☐ 1 to 2 pieces bird's eye chili (*siling labuyo*), chopped
- ☐ 3 tablespoons chopped cilantro, plus more leaves for garnish
- ☐ steamed rice, to serve

1 In a medium bowl, mix together sugar, *kecap manis*, fish sauce, salt, and pepper. Add tenderloin and mix well. Sprinkle with cornstarch and mix again. Marinate for 15 minutes, or overnight if possible, in the refrigerator.

2 Heat oil in a large wok or frying pan over medium-high heat. Sauté onions until translucent. Add garlic and lemongrass and sauté until fragrant. Add the beef and the marinade. Stir-fry for about 5 to 6 minutes just until beef is cooked to medium doneness. Add the chilies and continue to cook for half a minute. Turn off heat and add chopped cilantro; mix well.

3 Transfer to a platter and garnish with cilantro leaves. Serve with steamed rice.

THURSDAY

STEAMED SHRIMPS AND BROCCOLI WITH SPICY XO SAUCE

Steaming the shrimps and broccoli not only keeps them moist and vibrant, it also helps retain all their natural flavors and nutrients. The addition of XO sauce instantly gives this dish a delicious punch.

Serves 4 Prep Time 10 minutes

Cooking Time 8 minutes

- ☐ 20 medium shrimp, peeled and deveined with tails left on
- ☐ 2 tablespoons soy sauce
- ☐ 300 grams broccoli, cut into florets

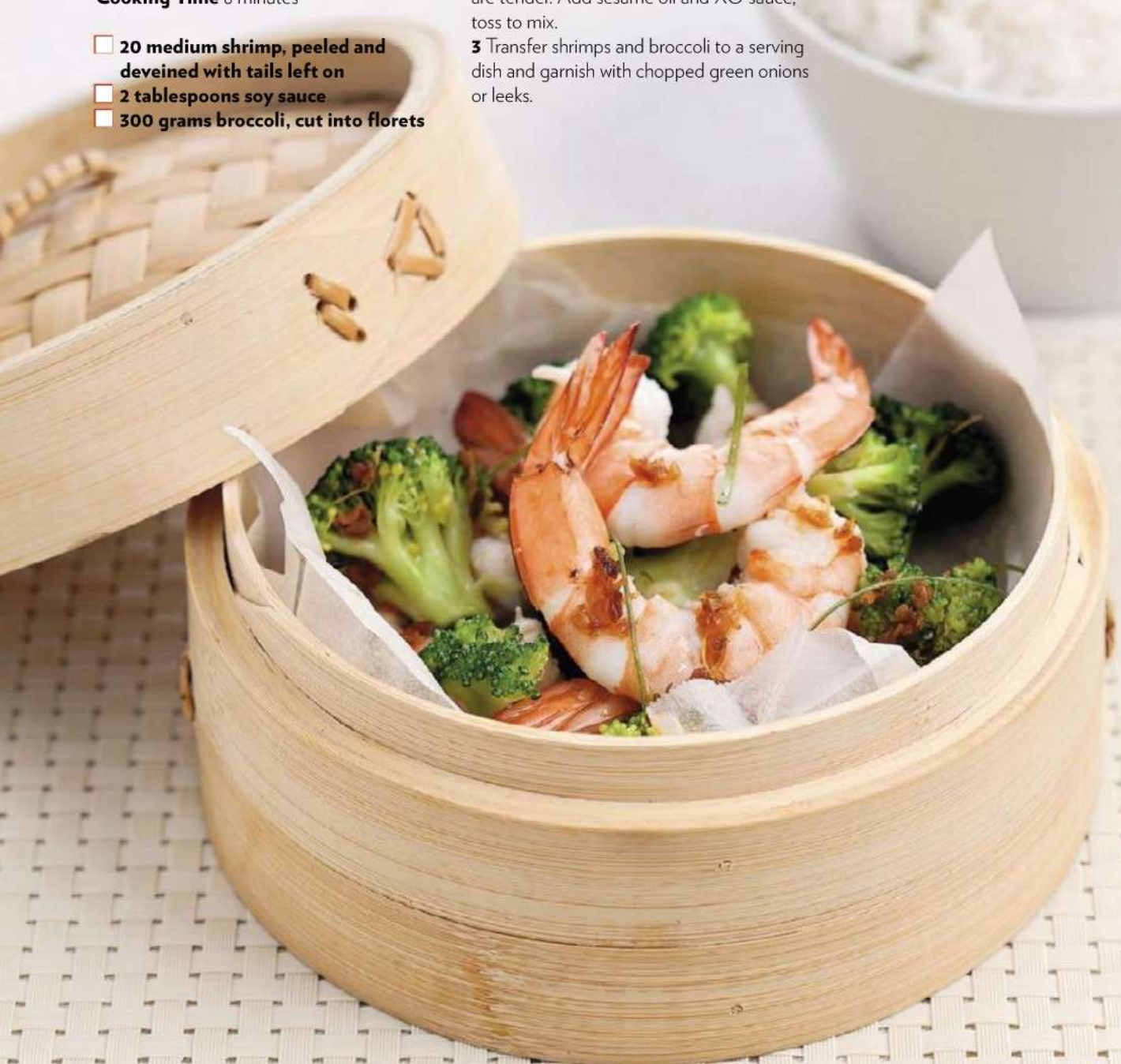
- ☐ 1 tablespoon sesame oil
- ☐ 3 tablespoons XO sauce (available at Asian food stores)
- ☐ 2 tablespoons chopped green onions or leeks, for garnish

1 In a bowl, mix shrimps and soy sauce.

Transfer to a heatproof dish together with broccoli florets.

2 Cook in a preheated steamer for 8 minutes or until shrimps turn pink and broccoli florets are tender. Add sesame oil and XO sauce; toss to mix.

3 Transfer shrimps and broccoli to a serving dish and garnish with chopped green onions or leeks.



FRIDAY

GRILLED LEMON CHICKEN SKEWERS

Grilling is one of the best ways to keep chicken breast juicy while imparting a delightful smoky flavor too. Try this lemon-spiked dish with grilled pita bread and a fresh salad to round out the perfect light meal.

Serves 3 to 4 **Prep Time** 20 minutes

Cooking Time 20 minutes

- ☐ 6 boneless chicken breast halves, skin on and sliced into 24 (1½-inch) pieces
- ☐ juice from 1 lemon
- ☐ 1 teaspoon grated lemon zest
- ☐ 2 teaspoons minced garlic
- ☐ ½ teaspoon Worcestershire sauce
- ☐ ½ teaspoon liquid seasoning
- ☐ 1 teaspoon white or red wine vinegar
- ☐ 1 teaspoon dried oregano
- ☐ 3 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon black pepper
- ☐ 2 lemons, cut into thirds then quartered (total of 24 pieces)
- ☐ store-bought ranch dressing or garlic sauce, to serve (optional)

For the gremolata

- ☐ 1 teaspoon minced garlic
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon finely chopped parsley
- ☐ 1½ tablespoons olive oil

1 In a bowl, combine chicken, lemon juice, zest, garlic, Worcestershire sauce, liquid seasoning, wine vinegar, dried oregano, olive oil, salt, and pepper. Mix well and marinate in the refrigerator at least 6 hours or overnight.

2 Thread 3 chicken pieces and 3 lemon slices alternately on a barbecue stick, making a total of 8 skewers.

3 On a preheated grill, cook chicken over medium heat for 8 to 10 minutes per side or just until the meat is cooked through.

4 Make the gremolata: Combine all the ingredients and mix well.

5 To serve, arrange skewers on a platter and sprinkle with gremolata. Serve with ranch dressing or garlic sauce, if desired.

tip To make your own garlic sauce, mix together ½ cup sour cream, 2 teaspoons lemon juice, and ½ teaspoon minced garlic. Season to taste with salt and pepper.

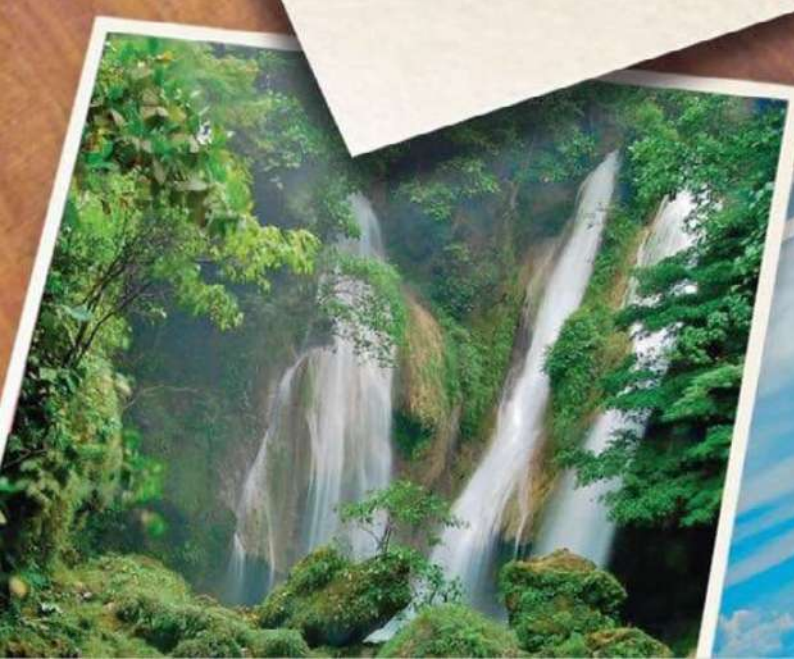




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4. All entries must be in by 11:59 p.m. of Jan 31 and Feb 26, 2011.

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5. Monthly draws will be held via electronic raffle on Feb 7 and March 7, 2011, 4:00 PM at the Summit Media office. A DTI representative will supervise the drawing of the winner. The monthly prize is one (1) Apple iPad.

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Weekend ENTERTAINING

Pizza party

Invite friends over for
homemade pizzas—
and pie-making fun!

THE MENU

- Quattro Formaggi
- Pizza Roll
- Angel's All-meat Pizza

QUATTRO FORMAGGI (FOUR CHEESE)

This time, you can't have too much of a good thing. Begin your pizza extravaganza with personal pies topped with four kinds of gooey, bubbly cheese.

Makes 2 (6-inch) pizzas **Prep Time** 15 minutes **Cooking Time** 5 minutes

For the pizza crust

- 2 teaspoons active dry yeast
- $\frac{3}{4}$ cup lukewarm water
- $1\frac{3}{4}$ cups all-purpose flour
- 2 tablespoons oil
- $\frac{1}{4}$ teaspoon salt

- 3 tablespoons store-bought basil pesto
- 150 grams mozzarella cheese, grated
- 20 grams Parmesan cheese, grated
- 20 grams blue cheese, cubed
- 20 grams cream cheese, cubed
- fresh basil leaves for garnish

1 Make the pizza dough: In a small bowl, dissolve dry yeast in water.

2 Put flour in a large mixing bowl. Add the yeast mixture, oil, and salt. Mix until just combined.

3 Transfer dough to a lightly floured surface and knead for about 5 minutes until well-mixed. Cover with a kitchen towel. Set aside and let rise for about 10 minutes. Punch the dough down and knead for another 5 minutes.

4 Divide dough into 2 parts and form into 2 small balls. Knead for about 1 minute.

5 Dust a flat work surface with flour. Using a rolling pin, flatten the 2 dough balls and slowly roll into desired shape.

6 On the prepared pizza dough, spread basil pesto. Top with all the cheeses.

7 Bake in a preheated 375°F oven for 3 to 5 minutes. Garnish with basil leaves before serving.

tip Basil pesto is a cinch to make. In a blender, place 3 cups basil leaves, $\frac{1}{4}$ cup olive oil, 1 tablespoon walnuts or pine nuts, 1 clove garlic, and $\frac{1}{4}$ teaspoon salt; blend until smooth.



VEGETARIAN PIZZA ROLL

Pizza doesn't have to be heavy on the belly. Go light with this flavorful combo of tomato, basil, mushrooms, and cheese.

Makes 1 (12-inch) roll **Prep Time** 15 minutes **Cooking Time** 8 minutes

- ☐ 1 recipe pizza crust (see *Quattro Formaggi* recipe)
- ☐ 150 grams mozzarella cheese, grated
- ☐ ¼ cup all-purpose cream
- ☐ 3 to 4 pieces (about 3 grams) sun-dried tomatoes, cut into strips
- ☐ ¼ cup sliced button mushrooms
- ☐ 3 to 4 pieces fresh basil leaves, cut into thin strips
- ☐ dried basil, grated Parmesan cheese, and dried chili flakes for sprinkling.

- 1 Roll out pizza dough into a 12-inch round. Distribute ingredients evenly on top of the dough. Roll as you would a spring roll (*lumpia*) to enclose all ingredients.
- 2 Place pizza roll on a well-greased baking tray. Bake in a preheated 375°F oven for 8 to 10 minutes or until top is golden brown.
- 3 Finish with sprinkling of dried basil, grated Parmesan cheese, and dried chili flakes.

ANGEL'S ALL-MEAT PIZZA

Serve up a storm and bring on the meat! Angelica Aban of Pizzeria Toscana, who prepared all the recipes in this story, shares her formula for a scrumptious bestseller.

Makes 1 (12-inch) pizza **Prep Time** 15 minutes
Cooking Time 5 minutes

- ☐ 1 recipe pizza crust (see *Quattro Formaggi* recipe)
- ☐ ½ cup store-bought pizza sauce
- ☐ 150 grams mozzarella cheese, grated
- ☐ 70 grams bacon, cut into small strips
- ☐ 30 grams pepperoni
- ☐ 40 grams Italian sausage, cubed

- 1 Roll out pizza dough into a 12-inch oval.
- 2 Spread pizza sauce on the dough.
- 3 Top with mozzarella cheese and meats.
- 4 Bake in a preheated 375°F oven for about 5 minutes or until the cheese has melted and the crust is completely cooked.

tip Try making your own pizza sauce! In a small saucepan, combine 1 cup tomato sauce, 1 clove garlic (minced), ¼ teaspoon dried oregano, ¼ teaspoon salt, ¼ teaspoon sugar, a dash of pepper, and 2 tablespoons water. Bring to a boil then simmer for 5 minutes until the sauce has reduced.



Green and good!

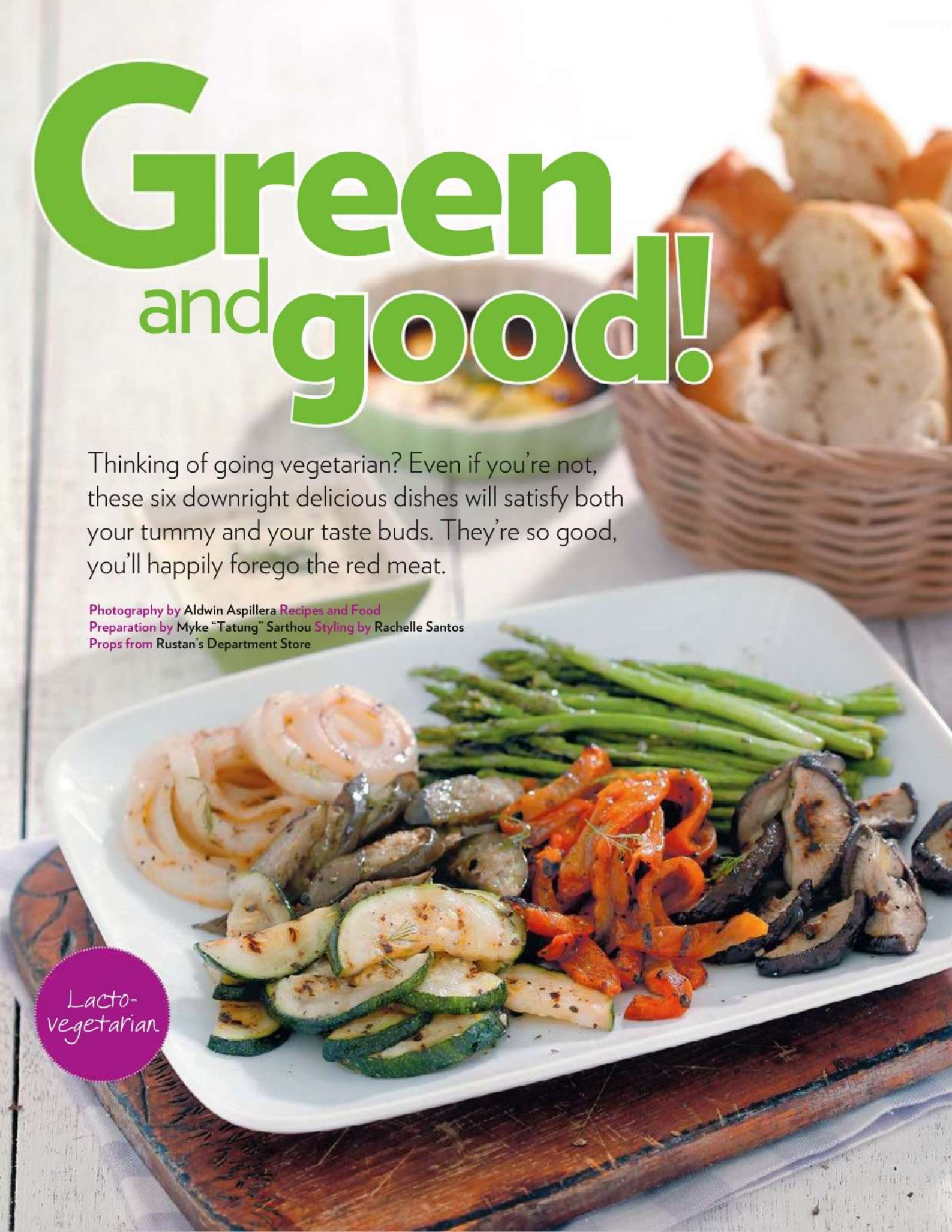
Thinking of going vegetarian? Even if you're not, these six downright delicious dishes will satisfy both your tummy and your taste buds. They're so good, you'll happily forego the red meat.

Photography by Aldwin Aspillera Recipes and Food

Preparation by Myke "Tatung" Sarthou Styling by Rachelle Santos

Props from Rustan's Department Store

Lacto-
vegetarian



GRILLED VEGETABLES WITH LEMON YOGURT SAUCE

Let the natural taste of vegetables stand out in this straightforward grilled dish. This makes for a superb antipasto or siding to any main course. For vegans, skip the yogurt dressing and drizzle the veggies instead with an herbed balsamic vinaigrette.

Serves 4 to 5 **Prep Time** 10 minutes

Cooking Time 15 minutes

- ☐ 1 large white onion, cut into rings
- ☐ 1 large red bell pepper, cut into strips
- ☐ 1 large yellow or green bell pepper, cut into strips
- ☐ 500 grams asparagus, tough ends trimmed
- ☐ 100 grams fresh shiitake or portobello mushrooms, halved
- ☐ 1 large eggplant, sliced diagonally
- ☐ 1 large zucchini, sliced diagonally
- ☐ 2 cloves garlic, minced finely
- ☐ 1½ teaspoons salt
- ☐ ¾ teaspoon freshly ground black pepper
- ☐ 2 tablespoons olive oil, divided

For the yogurt sauce

- ☐ 1½ cups plain yogurt
- ☐ 4 cloves garlic, minced
- ☐ ½ teaspoon salt
- ☐ juice and zest from 1 lemon
- ☐ 4 tablespoons honey
- ☐ 1 tablespoon chopped fresh dill
- ☐ white pepper to taste

1 Sprinkle vegetables and mushrooms with garlic, salt, and pepper. Drizzle with 1 tablespoon olive oil. Toss to distribute seasoning evenly.

2 Cook vegetables and mushrooms in batches on a preheated grill, about 4 minutes on each side or until tender. Arrange on a serving platter and drizzle with remaining olive oil. Serve with yogurt sauce on the side.

3 Make the yogurt sauce: Combine all the ingredients in a medium bowl; mix well. Serve alongside grilled vegetables.

ROASTED PUMPKIN CANNELLONI

Can something so decadent be nutritious as well? With this pasta dish, you get to load up on fiber, antioxidants, and vitamins while enjoying bite after bite of sweet roasted



Lacto-ovo-vegetarian

pumpkin and creamy cheese sauce topping.

Serves 5 **Prep Time** 20 minutes

Cooking Time 30 minutes

For the filling

- ☐ 1 kilo pumpkin, peeled and sliced into 2-inch cubes
- ☐ 1 teaspoon salt, divided
- ☐ ½ teaspoon pepper, divided
- ☐ vegetable oil for drizzling
- ☐ 1 large roasted red bell pepper, seeded and diced
- ☐ 3 cloves garlic, minced
- ☐ 1 egg, beaten
- ☐ ½ cup grated Parmesan cheese
- ☐ ½ cup breadcrumbs
- ☐ 1 cup pechay (green part only) or spinach, blanched and chopped finely
- ☐ ¼ cup chopped fresh basil

- ☐ 10 tubes cannelloni pasta, cooked according to package directions

For the cheese sauce

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour
- ☐ 1 cup milk
- ☐ 1 cup cream
- ☐ ½ cup grated Cheddar cheese
- ☐ ½ teaspoon mustard

- ☐ dash of nutmeg
- ☐ salt and pepper to taste

- ☐ ¾ cup grated mozzarella cheese
- ☐ ½ cup grated Parmesan cheese
- ☐ 4 tablespoons frozen butter
- ☐ ¼ cup chopped fresh basil

1 Place cubed pumpkin on a baking sheet. Roast in a preheated 380°F oven for 25 minutes or until tender. Remove from oven and mash until smooth. Season with ½ teaspoon salt and ¼ teaspoon pepper, and drizzle some vegetable oil over all of it.

2 In a large bowl, mix together the mashed pumpkin and the rest of the ingredients for the filling. Season with remaining salt and pepper; mix well. Fill each cannelloni tube with pumpkin filling. Arrange on a buttered 9x13-inch rectangular baking dish. Set aside.

3 Make the cheese sauce: Melt butter in a saucepan. Add flour and cook for 30 seconds. Gradually add milk while stirring constantly. Add cream, cheese, mustard, and nutmeg. Season with salt and pepper. Continue cooking until cheese has melted and the sauce is smooth.

4 Pour cheese sauce over cannelloni. Top with mozzarella and Parmesan cheeses. Grate butter over cannelloni. Sprinkle with chopped basil. Bake in a preheated 380°F oven for 25 minutes or until cheese is brown and bubbly.

BAKED FISH WITH RATATOUILLE SAUCE

Calling all fish- and vegetable-lovers! Here's a flavorful way to dress up the catch of the day. The robust flavors of the ratatouille go deliciously well with the delicate taste of the fish. For an all-out vegetarian dish, replace fish with firm tofu.

Serves 4 to 5 **Prep Time** 15 minutes

Cooking Time 50 minutes

- ☐ 1 kilo whole white-fleshed fish (*talakitok, maya-maya, lapu-lapu*), cleaned, gutted, and scaled
- ☐ salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 clove garlic, chopped
- ☐ 1 onion, chopped
- ☐ 1 lemon peel, cut into wedges

For the ratatouille sauce

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon butter
- ☐ 1 large red onion, chopped
- ☐ 1 cup eggplant, cut into ½-inch cubes
- ☐ 1 cup zucchini, cut into ½-inch cubes
- ☐ 4 cloves garlic, crushed
- ☐ 1 (400-gram) can diced stewed tomatoes
- ☐ 1 cup tomato sauce
- ☐ 1 teaspoon sugar
- ☐ salt and pepper to taste
- ☐ ⅓ cup chopped fresh basil leaves, plus extra whole leaves for garnish
- ☐ 1 sprig rosemary
- ☐ juice from 1 lemon
- ☐ 2 tablespoons olive oil for drizzling

1 Season fish with salt and pepper then drizzle with olive oil. Stuff the gutted portion of the fish with garlic, onion, and lemon peel. Place fish in an ovenproof baking dish and set aside in the refrigerator.

2 Make the ratatouille sauce: Heat olive oil and butter in a sauté pan. Sauté onions until translucent. Add eggplant, zucchini, and garlic and cook for 3 minutes. Add stewed tomatoes and tomato sauce. Season with sugar, salt, and pepper; mix well and cook for 5 minutes. Add fresh basil and rosemary.

3 Pour sauce over fish. Bake in a preheated 350°F oven for 45 minutes or until done. Baste fish with sauce every 10 minutes.

4 Remove from oven, drizzle with lemon juice and olive oil. Garnish with whole basil leaves.

Pescatarian

POTATO MUSHROOM CAKE

If dairy, eggs, and vegetables are part of your diet, this versatile potato cake can serve as a tasty brunch item or a wonderful side dish. If fish is an option, try it with smoked salmon for a little gourmet treat.

Serves 8 Prep Time 20 minutes

Cooking Time 35 to 50 minutes

- ☐ 1 kilo medium potatoes, peeled and sliced very thinly (preferably using a mandoline)
- ☐ 2 tablespoons butter, divided
- ☐ 100 grams shiitake mushrooms, sliced into strips
- ☐ 2 teaspoons salt, divided
- ☐ 1 teaspoon pepper, divided
- ☐ 4 cloves garlic, minced
- ☐ 2 onions, sliced

- ☐ 2 tablespoons fresh parsley stalks
- ☐ ½ cup all-purpose cream
- ☐ 3 eggs
- ☐ 3 tablespoons grated Parmesan cheese
- ☐ 1 tablespoon butter, cut into small cubes for topping

For herbed sour cream sauce

- ☐ ¾ cup all-purpose cream
- ☐ 3 tablespoons lemon juice
- ☐ 1 tablespoon chopped chives
- ☐ salt and pepper to taste

1 Soak potato slices in water and set aside. In a frying pan, melt 1 tablespoon butter and sauté mushrooms for about 1 minute or until tender. Season with ½ teaspoon salt and ¼ teaspoon pepper; set aside.

2 Using the same pan, melt remaining butter and sauté garlic, onions, and parsley stalks for 1 minute; set aside.

3 In a bowl, mix together cream and eggs. Add the sautéed onion mixture. Season with remaining salt and pepper; mix well.

4 Grease an 8-inch round baking pan. Arrange half of the potatoes on the bottom of the pan, overlapping to cover the base. Arrange half of the mushrooms over the potatoes. Pour in half of the cream mixture. Arrange another layer of potatoes and mushrooms, then pour the remaining cream mixture. Sprinkle with Parmesan cheese and top with the cubed butter.

5 Bake in a preheated 350°F oven for 30 to 45 minutes or until potatoes are tender and top is lightly browned. Transfer to a platter and serve with sour cream sauce on the side.

6 While potatoes are baking, make the herbed sour cream sauce: Combine all the ingredients in a bowl. Season with salt and pepper. Store in the refrigerator until ready to use.

Lacto-ovo-vegetarian

THREE-BEAN STEW

For the purists, get your protein fix with this hefty dish. The mustard and balsamic vinegar are brilliant additions that elevate beans to a whole new taste dimension.

Serves 5 to 6 **Prep Time** 15 minutes

Cooking Time 2 hours

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion, chopped
- ☐ 4 cloves garlic, chopped
- ☐ 2 cups diced carrots
- ☐ ½ cup diced celery stalks
- ☐ 1 large red bell pepper, seeded and diced
- ☐ 1 cup white beans, soaked overnight
- ☐ 1 cup red kidney beans, soaked overnight
- ☐ 1 cup canned garbanzos, skinned
- ☐ 4 cups vegetable stock or water
- ☐ 3 tablespoons mustard
- ☐ 3 tablespoons balsamic vinegar or cider vinegar

- ☐ 2 tablespoons honey or sugar
- ☐ 1 tablespoon thyme
- ☐ 2 sprigs rosemary
- ☐ 4 tablespoons chopped cilantro or parsley, divided
- ☐ salt and pepper to taste
- ☐ juice from 1 lime or lemon
- ☐ pea shoots or *tom yao* for garnish (optional)

1 In a stockpot, heat olive oil and sauté onions and garlic over medium heat until soft. Add carrots, celery, and bell pepper; cook for 1 minute. Add beans and vegetable stock or water; cook until tender but not breaking apart, about 1 hour.

2 Add mustard, vinegar, honey or sugar, thyme, rosemary, and 2 tablespoons cilantro or parsley. Season with salt and pepper. Continue to cook for 30 minutes.

3 Remove from heat and add lime or lemon juice. Add the rest of the cilantro or parsley. Garnish with *tom yao*. Serve hot.

Vegan

FRESH FRUITS WITH CINNAMON WONTONS AND BALSAMIC SYRUP

Simple has never looked so beautiful. This stunning light dessert celebrates the goodness of fresh fruits. It's complemented by honey-balsamic sauce, sweetened cream, and flavored wontons.

Serves 4 **Prep Time** 20 minutes
Cooking Time 10 minutes

- ☐ 2 ripe mangoes
- ☐ ¼ piece of 1 watermelon
- ☐ 2 green kiwis, peeled and sliced into rounds

- For the balsamic syrup**
- ☐ ¼ cup balsamic vinegar
 - ☐ ½ cup honey

- For the sweetened whipped cream**
- ☐ 1 (250-ml) pack whipping cream
 - ☐ ¼ cup caster sugar

- For the cinnamon wontons**
- ☐ ¼ cup sugar
 - ☐ 1 tablespoon ground cinnamon
 - ☐ 16 (2-inch) pieces square wonton wrappers
 - ☐ oil for deep-frying

- 1** Using a melon baller, scoop the flesh of the mangoes and watermelon into balls. Place in a bowl together with the sliced kiwi. Chill for at least 30 minutes.
- 2** Make the balsamic syrup: Mix together

balsamic vinegar and honey in a saucepan and simmer for 5 minutes. Set aside and cool.

3 Make the sweetened whipped cream: In the chilled bowl of an electric mixer fitted with the whisk attachment, whip cream on medium speed while gradually adding sugar until soft peaks form. Transfer to a piping bag with a star tip. Keep in the refrigerator until ready to use.

4 Make the cinnamon wontons: Mix together sugar and cinnamon. Separate the wonton wrappers and brush one side with a little water. Sprinkle with cinnamon sugar to coat. Deep-fry in hot oil until crisp and golden brown.

5 To assemble, arrange fruits on a serving platter. Pipe with whipped cream and insert cinnamon wontons into dollops of cream. Drizzle with balsamic syrup. Serve immediately.

Lacto-ovo-vegetarian

tip A more decadent way to present this dessert: Serve vanilla ice cream in individual bowls topped with fresh fruits and drizzled with balsamic syrup. Pipe whipped cream on the center and garnish with cinnamon wontons.

DO THE TWIST

Turn tonight's dinner into tomorrow's breakfast and vice versa! All it takes is some meal-planning creativity. We've done the hard work for you—take these six recipes and hit the ground running.

{ Dinner tonight



Photography by Miguel Nacianceno Recipes & Food Preparation by Him Uy de Baron
Prop Styling by Rachelle Santos and Liezl Yap Props from Rustan's Department Store

IBERIAN CHICKEN

This flavorful roast chicken requires minimal prepping before being baked in the oven. The hands-off cooking time means that this recipe is perfect for busy weeknights! For a complete meal, toss in your favorite vegetables during the last leg of roasting.

Serves 6 Prep Time 20 minutes **Cooking Time** 2 hours

- ☐ 1 (1.2- to 1.5-kilo) whole chicken
- ☐ 3 sprigs fresh rosemary, divided
- ☐ 1½ teaspoon salt
- ☐ ½ teaspoon freshly ground pepper
- ☐ ¾ cup canola oil
- ☐ 2 heads garlic, smashed with skin on
- ☐ 2 onions, chopped
- ☐ 2 large potatoes, cut into wedges
- ☐ ¾ cup olive oil
- ☐ grilled lemon slices (halved), cherry tomatoes, asparagus stalks, and thyme sprigs for garnish (optional)

- 1** Butterfly the chicken by taking out the back bone.
- 2** Chop 2 sprigs rosemary; rub it on the chicken together with salt and pepper.
- 3** In a large wok, let the canola oil come to medium heat. Add the garlic and onions, and cook for 5 minutes. Slide in the chicken, skin side down, and cook for 5 minutes. Keep the flame on medium heat. Add potatoes and cook for another 5 minutes.
- 4** Place potatoes in an ovenproof dish. Set the chicken over it, along with the remaining rosemary, olive oil, garlic, and onions. Place in a preheated 320°F oven. Bake skin side down for 40 minutes, then turn over and bake another 50 minutes. Serve with potatoes. Garnish as desired.

CHICKEN AND ASPARAGUS FRITTATA

Last night's chicken and potatoes gets transformed into a wonderful frittata the next morning! Have a hearty slice for breakfast and bring some to work for *merienda* too.

Serves 4 Prep Time 15 minutes **Cooking Time** 12 minutes

- ☐ 8 eggs
- ☐ ½ cup milk
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1 pinch paprika
- ☐ 2 tablespoons butter or olive oil
- ☐ 1 small onion, sliced
- ☐ 1 cup leftover Iberian chicken, minced or pulled by hand
- ☐ ½ cup leftover potatoes from Iberian chicken, diced
- ☐ 8 asparagus spears, sliced diagonally into 1-inch pieces
- ☐ ½ cup diced red bell pepper
- ☐ 3 tablespoons freshly grated Manchego or Parmesan cheese

- 1** In a medium bowl, beat eggs together with milk, salt, pepper, and paprika.
- 2** Heat oil in a nonstick, ovenproof pan over medium heat. Sauté onions for 2 minutes or until translucent.
- 3** Add chicken and potatoes; mix. Pour in egg mixture and stir.
- 4** Sprinkle asparagus, red bell pepper, and cheese on top. Take off heat and bake in a preheated 400°F oven, uncovered, for 7 minutes or until the eggs are set and the cheese has browned slightly.
- 5** Slice into wedges and serve.

Breakfast
tomorrow



CORNBREAD AND SAUSAGE RAGOUT

Sausages always bring so much flavor to a dish! Here, we've paired them with cornbread for an interesting contrast. If you like having something sweet in the morning, you can eat the cornbread with some jam and have the ragout on the side.

Serves 4 Prep Time 8 minutes **Cooking Time** 10 minutes

- ☐ 3 tablespoons olive oil
- ☐ ½ bulb fennel, sliced
- ☐ 3 stalks celery, chopped
- ☐ 2 large onions, sliced
- ☐ 4 sausages, diced (we used a combination of Hungarian, Italian, and bratwurst)
- ☐ 4 cloves garlic, minced
- ☐ 1 tablespoon Cajun seasoning
- ☐ 3 tablespoons white wine
- ☐ ¼ cup chicken stock
- ☐ ½ cup all-purpose cream
- ☐ ½ cup canned chunky tomato sauce
- ☐ salt and pepper to taste
- ☐ 1 box cornbread mix, prepared according to package directions
- ☐ all-purpose cream or sour cream to serve
- ☐ asparagus stalks and thyme sprigs for garnish (optional)

1 In a sauté pan, heat oil and sauté fennel, celery, and onions for 4 minutes.

2 Add sausages and sauté for another 2 minutes.

3 Add garlic and Cajun seasoning; stir. Add wine and let cook for 1 minute.

4 Add stock, cream, and tomato sauce. Lower heat and simmer for 3 minutes. Season with salt and pepper.

5 To serve, slice cornbread and arrange on a plate. Top with the cooked ragout and finish with extra all-purpose cream or sour cream. Garnish with asparagus stalks and thyme sprigs, if desired.

Today's
breakfast

CORNBREAD AND SAUSAGE-STUFFED PORK CHOPS WITH APPLE-FENNEL SLAW

Leftover cornbread and sausages from the day's breakfast go into meaty pork chops come dinnertime. If you don't have a grill or grill pan, you can use an ordinary frying pan instead, just add 2 tablespoons of oil.

Serves 2 **Prep Time** 10 minutes **Cooking Time** 8 to 12 minutes

For the apple-fennel slaw

- ☐ ½ **Granny Smith apple, julienned**
- ☐ ½ **bulb fennel, julienned**
- ☐ ½ **cup sliced red or green cabbage**
- ☐ **1 carrot, julienned**
- ☐ ¼ **cup sour cream**
- ☐ ¼ **cup plain yogurt**
- ☐ ¼ **cup mayonnaise**
- ☐ **1 teaspoon mustard**
- ☐ **1 teaspoon honey**
- ☐ **1 teaspoon lemon juice**
- ☐ **1 teaspoon fennel seeds (toasted in a dry pan and pounded with a pestle)**
- ☐ **salt and pepper to taste**

- ☐ ½ **cup leftover cornbread, broken into big crumbs**
- ☐ ½ **cup leftover sausages, diced to the same size as cornbread crumbs**
- ☐ **2 pieces large pork chops or King Henry cut chops (at least 1-inch-thick)**
- ☐ ½ **teaspoon salt**
- ☐ **2 tablespoons Cajun seasoning (optional)**
- ☐ ¾ **cup bottled barbecue sauce (we used Hunt's brown sugar and maple barbecue sauce), divided**
- ☐ **sliced leeks for garnish (optional)**

1 Make the apple-fennel slaw: Mix all ingredients together in a bowl. Chill in the refrigerator for at least 20 minutes or until ready to serve.

2 In a medium bowl, combine cornbread and sausages; set aside.

3 Make a slit on the fat side of the chops, creating a deep pocket. Season chops with salt and rub with Cajun seasoning all over, if using. Stuff with the cornbread-sausage mixture.

4 Brush chops with 4 tablespoons barbecue sauce. Prepare grill or grill pan. Heat pan over high heat and sear chops for 2 minutes on each side.

5 Transfer to an ovenproof dish and pour remaining barbecue sauce over the chops. Cover with foil and bake in a preheated 428°F oven for 5 minutes or until the pork is cooked through. Let the pork rest for 3 minutes then serve with the slaw. Garnish with sliced leeks, if desired.

Tonight's
dinner

ZUCCHINI PANCAKES WITH BURGER STEAK

Why not mix things up a little and make some savory pancakes for dinner? Served with simple burger steaks, they'll definitely be a hit with the entire family.

Serves 4 **Prep Time** 30 minutes

Cooking Time 15 minutes

For the pancakes

- ☐ 1 medium zucchini, shredded
- ☐ 2 medium potatoes, shredded
- ☐ 1 egg white
- ☐ ½ tablespoon paprika
- ☐ 2 tablespoons flour
- ☐ 2 tablespoons breadcrumbs
- ☐ 3 tablespoons grated Parmesan cheese
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ ¼ cup canola oil, divided

For the burger steak

- ☐ 600 grams ground chuck
- ☐ salt and pepper to taste

For the gravy

- ☐ 5 tablespoons burger steak drippings
- ☐ 4 tablespoons all-purpose flour
- ☐ 1 cup chicken stock
- ☐ 2 tablespoons cream

- ☐ steamed vegetables, to serve
- ☐ fried whole shallots for garnish (optional)

1 Make the pancakes: Place all ingredients except for the oil in a bowl and mix. Form into 4 patties and set aside.

2 Heat 2 tablespoons oil in a nonstick pan. Over medium heat, fry the pancakes until golden on each side, making sure that the

potatoes are cooked through. This will take around 5 to 7 minutes per pancake. Drain on paper towels to remove excess oil.

3 Make the burger steaks: Season the ground beef with salt and pepper (fry a small piece to test seasoning). Form into 4 patties.

4 On a grill pan over high heat, sear the patties and cover, cooking each side for 2 to 3 minutes for medium doneness. Set aside cooked patties and pour drippings into a small bowl.

5 Make the gravy: In a saucepan over medium heat, combine drippings with flour to make a roux. Cook roux until pale brown and slowly add stock. Mix until all of the stock is incorporated, then whisk in cream. Adjust seasoning if needed, then strain with a sieve.

6 Serve burger steaks with the zucchini pancakes, gravy, and steamed vegetables. Garnish with fried whole shallots, if desired.



ZUCCHINI PANCAKES WITH SMOKED SALMON AND CHIVE SCRAMBLED EGG

This dish comes together so quickly the next day, you'll have more than enough time to leisurely sip your coffee and read the newspaper. Good morning indeed!

Serves 4 Prep Time 5 to 7 minutes (using pancakes cooked from previous night's dinner)

Cooking Time 5 minutes

- ☐ 8 eggs
- ☐ ¼ cup sour cream
- ☐ 1 teaspoon salt
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 3 tablespoons butter
- ☐ 2 tablespoons chopped chives
- ☐ ¼ cup sliced smoked salmon
- ☐ 2 large leftover zucchini pancakes
- ☐ toasted sourdough bread, to serve (optional)
- ☐ tom yao sprouts and grilled tomato for garnish (optional)

1 Break eggs into a bowl. Whisk in sour cream, salt, and pepper.

2 In a sauté pan, heat butter until bubbling. Pour in eggs. Using a spatula, mix eggs continuously to make sure they cook uniformly. Before eggs fully cook and set, mix in chives and smoked salmon.

3 Serve scrambled eggs together with pancakes and toasted sourdough bread, if desired. Garnish as desired.

Breakfast
tomorrow

No less tasty



Having special dietary needs doesn't mean you have to sacrifice flavor. That goes for weight watchers too, as our recipes show.

Photography by **Andre Martin** Recipes by **Jennene Plummer**
Styling by **Jane Collins** Food Preparation by **Tracy Rutherford**



tip To make almond couscous, combine 1½ cups couscous with 1½ cups boiling water. Set aside for 5 minutes. Fluff with a fork and add ⅓ cup slivered almonds, 2 tablespoons olive oil, and 1 teaspoon grated lemon rind.

LOW-FAT

CHICKEN TAGINE WITH OLIVES

Take a taste journey to Morocco with this robust dish that celebrates the exotic flavors of various spices. As a bonus, by removing the skin, you get to enjoy all the meaty goodness of the chicken without the fat.

Serves 4 to 6 **Prep Time** 15 minutes **Cooking Time** 70 minutes

- ☐ 1.5 kilos chicken, segmented, skin and fat removed
- ☐ 1 onion, sliced finely
- ☐ 3 cloves garlic, crushed
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon minced ginger
- ☐ ½ teaspoon chili powder
- ☐ 1½ cups reduced-salt chicken stock

- ☐ pinch of saffron threads
- ☐ ½ cup stuffed green olives
- ☐ 120 grams baby spinach leaves
- ☐ ⅓ cup cilantro leaves, chopped roughly
- ☐ almond couscous, to serve (see tip)

- 1** Heat a large, heavy-bottomed saucepan on high. Spray with oil. Cook chicken in 2 batches for 2 to 3 minutes each side, until golden brown. Transfer to a plate.
- 2** Sauté onion and garlic in the same pan for 4 to 5 minutes, until tender. Add spices and cook, stirring, for 1 minute, until aromatic.
- 3** Return chicken to pan with stock and saffron. Bring to a boil. Reduce heat to low. Simmer, covered, for 30 minutes.
- 4** Stir olives through and simmer, uncovered, for 15 minutes until liquid has reduced slightly. Season to taste.
- 5** Just before serving, stir spinach and cilantro through. Serve with couscous.

FOR DIABETICS / HIGH-FIBER**VEGETABLES WITH EGGPLANT DIP**

Fill up on fiber with this delicious assortment of roasted vegetables. If you like, you can also add okra and drained garbanzos to the mix. Eat as is with crusty bread or serve as a perfect accompaniment to Mediterranean dishes.

Serves 4 to 6 **Prep Time** 20 minutes

Cooking Time 30 minutes

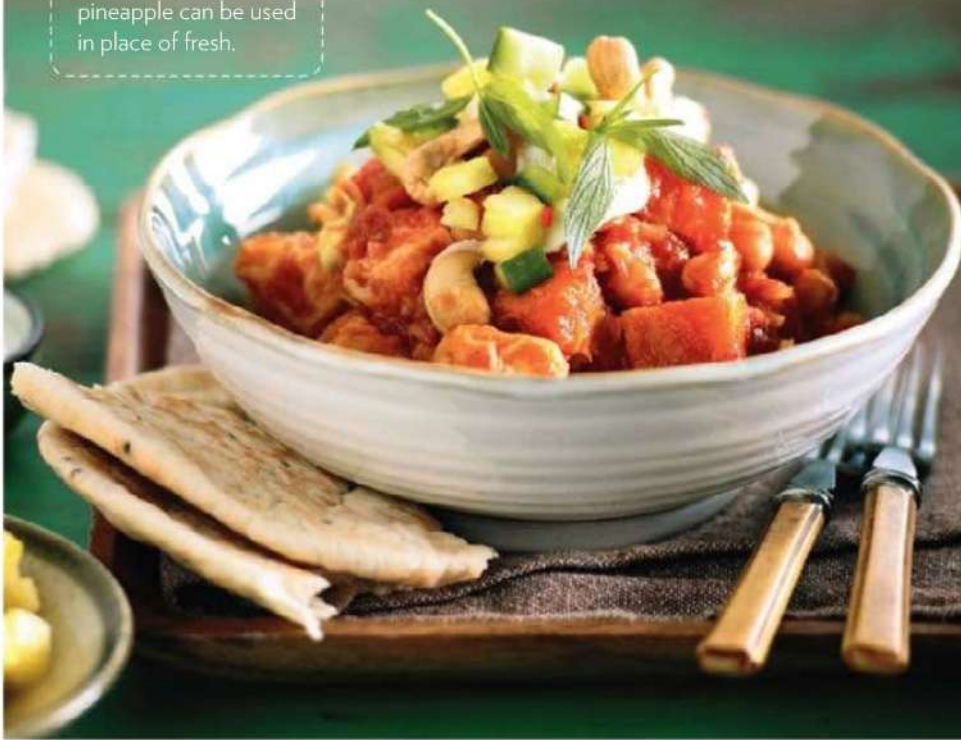
- 2 medium eggplant, pierced
- 2 red bell peppers, seeded and quartered
- 2 cloves garlic
- 6 large button mushrooms, halved
- 6 large yellow squash, peeled and halved
- 2 medium zucchini, cut into 1-inch pieces
- 250 grams cherry tomatoes

- ¼ cup lemon juice
- 1 tablespoon tahini
- ¾ cup basil leaves
- crusty whole-grain bread, to serve

- 1 Preheat oven to 400°F. Line 2 baking trays with parchment paper.
- 2 Arrange eggplant, bell peppers (skin side up), and garlic on one tray. Spray with oil. Bake for 20 to 30 minutes. Set aside for 15 minutes.
- 3 Arrange mushrooms, squash, zucchini, and tomatoes on remaining tray. Spray with oil and bake for 20 minutes (with first tray).
- 4 Slit eggplant and scoop out flesh. Transfer to a bowl and chop coarsely. Squeeze soft garlic flesh into bowl with lemon juice and tahini. Mix well and season to taste.
- 5 Peel and thickly slice bell peppers. In a large bowl, combine bell pepper slices with the other vegetables. Toss with basil leaves. Season to taste. Accompany with eggplant dip. Serve with crusty bread.

tip Tahini is available in Santis Delicatessen and Assad Mini Mart.

tip For ease, dust tofu in seasoned flour in a plastic bag. Canned pineapple can be used in place of fresh.



VEGETARIAN

PUMPKIN AND TOFU CURRY

Try this meatless Indian-inspired curry! Top it with salsa and a drizzle of yogurt for a refreshing combination.

Serves 4 to 6 **Prep Time** 15 minutes
Cooking Time 30 minutes

- ☐ 300 grams firm tofu, cubed
- ☐ 2 tablespoons all-purpose flour, seasoned with a pinch each of salt and pepper
- ☐ 1 onion, sliced
- ☐ 2 cloves garlic, sliced
- ☐ 1 kilo butternut squash, peeled, seeded, and cubed
- ☐ ¼ cup store-bought yellow curry paste
- ☐ 1 (400-gram) can garbanzos, drained and rinsed
- ☐ 1 (400-gram) can no-added-salt diced tomatoes
- ☐ ½ cup salt-reduced stock or water
- ☐ ⅓ cup toasted cashews, low-fat plain yogurt, naan bread, mint leaves, to serve

For the salsa

- ☐ 1 cucumber, seeded and chopped finely
- ☐ ¼ pineapple, peeled, cored, and chopped finely
- ☐ juice from 1 lime
- ☐ 1 teaspoon caster sugar
- ☐ 1 bird's eye chili (*siling labuyo*), sliced finely

1 Dust tofu in flour, shaking off excess. Heat a medium saucepan on high. Spray with oil. Cook tofu for 1 to 2 minutes each side, until golden. Drain on paper towels.

2 Add onion and garlic to the same pan. Sauté for 2 to 3 minutes, until tender. Add pumpkin and sauté for a further 2 minutes.

3 Stir curry paste through and cook for 1 to 2 minutes, until fragrant. Add garbanzos, tomatoes, and stock. Season to taste. Reduce heat to low. Simmer for 10 to 15 minutes, until pumpkin is tender.

4 Make the salsa: In a medium bowl, toss all ingredients together and season to taste.

5 Stir tofu through curry. Simmer for 1 to 2 minutes, until hot. Serve curry sprinkled with cashews and topped with mint leaves. Accompany with salsa, yogurt, and naan bread.

LACTOSE-FREE

HEARTY CHOWDER

Lactose-intolerant? You can still treat yourself to a mouth-watering bowl of chowder by using soy milk instead of the usual milk or cream. In place of milkfish, try a can of tuna or salmon.

Makes 6 to 8 cups **Prep Time** 20 minutes
Cooking Time 25 minutes

- ☐ 40 grams lean smoked ham, diced
- ☐ 2 stalks celery, chopped finely
- ☐ 1 onion, chopped finely
- ☐ 1 large potato, peeled and diced
- ☐ 2 cups salt-reduced chicken stock or water
- ☐ 2 tablespoons all-purpose flour
- ☐ 2 cups soy milk
- ☐ 250 grams smoked milkfish (*tinapang bangus*), skinned and chopped
- ☐ 1 (300-gram) can corn kernels, drained
- ☐ ½ cup frozen peas
- ☐ 1 red bell pepper, seeded and chopped
- ☐ chopped parsley for garnish
- ☐ toasted bread, to serve

1 Heat a large saucepan on high. Spray with oil and sauté ham, celery, and onion for 2 to 3 minutes, until tender.

2 Add potato and cook, stirring, for 1 minute. Blend in stock and season to taste. Bring to a boil. Reduce heat to low and simmer, covered, for 10 minutes.

3 Blend flour with a little of the soy milk to form a smooth paste. Stir into pan with remaining milk, stirring constantly for 4 to 5 minutes, until sauce boils and thickens.

4 Add smoked milkfish, corn, peas, and bell pepper. Simmer for 5 minutes, until fish is cooked through. Sprinkle with parsley and serve with toasted bread.



FOR DIABETICS

APPLE SPONGE

If you think desserts are a no-no for diabetics, think again. With a little tweaking, diabetics can still relish scrumptious treats like these stewed apples with a delightfully crispy crust.

Serves 4 to 6 **Prep Time** 15 minutes

Cooking Time 30 minutes

- 3 cups chunky stewed fruit (see tip)
- 60 grams low-fat spread
- $\frac{1}{3}$ cup sugar or substitute
- 1 egg
- 1 cup self-rising flour (or 1 cup all-purpose flour plus $\frac{1}{2}$ teaspoon baking soda and $\frac{1}{4}$ teaspoon salt), sifted
- $\frac{1}{2}$ cup low-fat milk
- low-fat ice cream or cream, to serve

1 Preheat oven to 350°F.

2 Spoon stewed fruit into the base of an 8-inch pie plate or casserole dish.

3 In a bowl, beat spread and sugar together until creamy. Add egg, beating well.

4 Lightly fold in flour, alternately with the milk. Spread evenly over fruit.

5 Bake for 25 to 30 minutes, until top is firm and golden. Serve warm with ice cream or cream.

tip Make the stewed fruit: Peel, core, and chop 2 large apples and 2 pears. Pour water in a saucepan until $\frac{1}{2}$ -inch deep and place 1 to 2 tablespoons sugar (or equivalent sweetener), a clove, and a strip of lemon peel in the water. Bring to a boil, stirring. Add fruit. Cook gently, covered, for about 10 minutes until tender.



LOW-FAT**BAKED CHEESECAKE**

By using low-fat alternatives, you get to enjoy classic favorites minus the guilt! Try topping this cheesecake with other fresh fruits in season such as mangoes and kiwi.

Serves 6 to 8 **Prep Time** 20 minutes

Cooking Time 35 minutes, plus cooling time

- ½ cup raisins
- juice from half an orange
- finely grated zest from half an orange
- ½ cup ricotta (use low-fat if available)
- ½ cup low-fat sour cream
- 1 tablespoon all-purpose flour
- 1 egg, separated, plus 1 egg white
- 2 tablespoons honey, warmed
- 8 strawberries, halved
- confectioners' sugar and low-fat custard or cream, to serve

1 Preheat oven to 350°F. Lightly grease and line a 7-inch springform pan.

2 Combine raisins and orange juice in a small bowl. Set aside for 5 minutes.

3 In a bowl, combine zest, ricotta, sour cream, flour, egg yolk, and zest. Stir in raisins and juice.

4 In a small, clean bowl, beat egg whites until soft peaks form. Fold honey through egg whites. Gently fold egg white mixture through ricotta mixture. Pour into pan, smoothing top.

5 Bake for 30 to 35 minutes until just set. Turn off oven. Cool cake in the oven for a further 30 minutes. Chill until ready to serve. Serve topped with strawberries, sprinkled with confectioners' sugar and accompanied with low-fat custard or cream.

tip Warm honey in microwave for a few seconds.



WELL & GOOD

It's not just a fad anymore: With wellness lifestyles on the rise, these grassroots eco-entrepreneurs are helping redefine the way Filipinos eat, shop, and live. RYAN FERNANDEZ reports.

Photography by At Maculangan
Pictorial direction by Becky Kho and Elaine P. Lim

RITUAL

A do-good general store

When I stop by Ritual, co-owner Bea Misa is calmly sifting through a pile of newly shipped raw Arabica, tossing out bad ones, but generally just enjoying the feel of beans passing through her fingers. Moments later, her partner Rob Crisostomo arrives carrying a crate of recycled glass bottles. He's followed by a pair of walk-ins who gravitate toward jars of pickled wild banana and *mabolo*. This is Rob and Bea's idea of a Saturday night: tending to the store, counting inventory, and happily explaining to customers the virtues of a hot cup of Mountain Province coffee or sea salt from Sultan Kudarat.

"There was a time when people used to go to a general goods store at the corner of the street, and get their everyday needs. We'd like to see people return to that," explains Rob, who comes from a business management background. Bea's work as an environmental development consultant helped her build a network of farmers and NGOs that now supply Ritual with its needs. While supermarkets line their shelves with brightly colored items and go through thousands of plastic bags a week, there's hardly any packaging in their store. Customers can touch and smell laundry *bareta* sans wrapper, take a whiff of lemongrass deodorizer, and try on *abaca* and *piña* sweaters.

The two started out with a reusable bag project in college, made their way to selling handmade soap at weekend markets (they still do), before moving into their new home at The Collective. Visitors can even drop by for homemade yogurt and old-school *sorbetes*. After rummaging in the back, Bea hands Rob and I scoops of real pistachio ice cream (brown, not green). The flavor is exquisite with large bits of pistachio rolling in my mouth. Bigger projects are on the horizon for Ritual, aiming to encourage other *sari-sari* stores to reduce their use of plastic. Slowly but surely, Filipinos are turning to people like Rob and Bea for a smarter way of shopping, one that rewards customers while empowering communities.

Ritual is at The Collective, 7274 Malugay Street, Barangay San Antonio, Makati City; mobile no.: 0917-7932461; www.ritualshopnews.blogspot.com.



6.7/100 GRAMS

ORGANIC FINE SEA SALT (ILOCOS NORTE) 65/KG 8/100 GRAMS

ORGANIC COARSE SEA SALT (GEN.SANTOS) 84/KG 10/100 GRAMS



DA.U.DE

Stirring up new ways of appreciating tea

For most Filipinos, tea is still the realm of ladies' clubs and sore-throated *salabat* drinkers. In cafés and convenience stores everywhere, coffee is king and whenever tea is served, it's all too often saccharine-sweet iced tea, or barely-there commercial-grade pouches that aficionados chidingly term "dust." One woman, however, wants to share her unique passion for tea in an ambitious and creative way. Soul singer and fashion designer Renée Sebastian came up with da.u.de (that's *da-you-deh*), a wellness line including spa items and tea concoctions, after her travels throughout North Africa and Asia. Navigating the dense souks of Marrakech and Tangiers, she fell in love with the rich, local tradition of tea-making that has since then become a tremendous influence in her own infusions. Safe to say, this isn't your *lola's tsaa*. Expect hand-cut spices, tiny flowers, nuts, and dried fruits in every serving. "Think of it as sipping with a purpose," says Renée. "Every cup is filled with a bit of therapy, a dash of the spiritual, and loads of flavors."

Names play out like a page from *National Geographic*: There's soothing Seffarine with Louiza leaves she picked up at a pit-stop in Fez, Morocco; minty and spicy Kashmiri Kehwah; playful Blanco with African red rooibos and bits of white chocolate; and Mamon, a lemon infusion based on our very own butter chiffon cake. Hot summer months call for a cold glass of fruity Goji Melon with milk, while green and white Xaouen with tropical fruits and European roses will raise spirits. Renée sources her ingredients from fair-trade producers all over, even personally dealing with African farmers from remote towns, before assembling them in the States according to strict USDA organic certification. It seems like a lot of trouble just to get a gussied up cup of Earl Grey, but those who discover da.u.de, whether at weekend markets in California, New York City, or Makati City (customers are encouraged to bring their own jars), can confidently tell the difference.

After taking a whiff of several batches at da.u.de's showroom, I finally get to try Skala—a caffeine-free blend of red currant, cranberry,

blue mallow blossoms, and green rooibos that's easy on the nerves. A sip starts out sour, but quickly progresses to a full-bodied cranberry flavor that even beginners can appreciate. Always coming up with new ideas, Renée says she purposely blends in small batches to create infusions that "stimulate the eyes, nose, palate, and soul." Given the dedication and fascination driving it, da.u.de is bound to change how we think of and drink tea—one cup at a time.

da.u.de is at Salcedo Market in Salcedo Village, Makati City, every Saturday; Mercato Centrale at Bonifacio Global City, Taguig City; tel. no.: 854-4187; www.lovedaude.com.





THE ROOM UPSTAIRS

Fresh café menu

There's a pendant lamp hanging in the middle of the room, its graceful curves swelling like a giant onion bulb made of wood and wrought iron. "It's vintage chic," explains interior designer Pinky Peralta as she stirs her coffee. Her shop, The Room Upstairs, also doubles as a café. Instead of sugar, Pinky plops a nub of *balikutsa*, Ilocano for bite-sized sugarcane pops, and watches it quickly dissolve in a brown froth. "Vintage chic is when you fuse the classics with the new; indigenous materials with modern elements." Pinky can talk furniture and aesthetics all day, but her other

budding passion provides worthwhile distraction. Every weekend, she and her husband Ari, who works in architectural design, trade in their heels and leathers for muddied boots, and tend to their small corner of paradise in Alfonso, Cavite.

There, the weekend farmers grow and harvest a collection of crops: from ripe tomatoes and papayas to cilantros, eggplants, basils, and chilies. "Our kids deserve a better life, and that includes being able to eat healthy food," says Ari. Today, free-range chickens roam the grounds while beds of African nightcrawler worms turn organic rubbish into compost. The couple sells some of the produce, but much of it ends up as fresh ingredients for their dishes at the café.

"A foreign customer was surprised that he could taste the difference between commercial arugula and ours," says Pinky. "Ours had a nutty taste and it had 'bite'. You'll also notice that organic tomatoes are much, much juicier. As in *hinog sa puno*."

For lunch, diners can swing by for a lush kani salad drizzled with peanut sauce, hearty shrimp chowder, and tangled masses of spaghetti with homemade pesto or bits of Vigan *longganisa*, washed down with fresh lemongrass juice. And before you leave—please, have some of their excellent coffee.

The Room Upstairs is at 2/F LRI Design Plaza, 210 N. Garcia Street, Makati City; tel. no.: 899-9318.





OH, BABY!

Baby food made with love

When high school classmates and trained chefs Tina Trillana-Lagdameo and Rebecca Disini-Gomez both had their babies a few months apart, they did what any mother would do—care for their kids the best way they could. That included feeding the babies right. For Tina and Rebecca, nutritional value is vital, but so is taste. “I researched and tested the baby foods we have in the market, and I was disappointed,” says Tina. Turning away from big companies that churn out mass-produced meals with dubious ingredients, she and Rebecca decided to put their own experiences in the food industry to good use, coming up with their own all-natural baby food.

“Unlike the big name brands out there, moms trust us because they know we’re moms too. It means a lot to them and to us,” says Tina, who juggles marketing duties for her family business while raising a four- and a one-year old. From the very beginning, the two young mothers wanted to diligently develop a line of meals that was both highly nutritious and, at the same time, appealing to the changing taste preferences and growing curiosity of infants. Along the way, they consulted with other parents, pediatricians, nutritionists, dentists, and suppliers of safe farm produce. For instance, the Young Palate line introduces little ones to basic flavors and textures like potato and apple (Vitamin C keeps sniffles away) before they graduate to increasingly more sophisticated puréed meals such as carrots, squash, and caramelized onions (Vitamin A for eyesight). Older babies can go for dairy-free, egg-free cookies sweetened with raw sugar, or apple and banana-flavored teething biscuits without moms worrying about their kids becoming hyperactive. Tina’s personal favorite in the line? “My Paco loves the tomato; he can eat spoonfuls of it or with spaghetti noodles!”

There’s even a list of creative recipes in Oh, Baby!’s website that looks like a page taken straight from a restaurant menu: How does Appley Adobo Chicken, Potato Cups, or Couscous with Pork for the whole family sound? Even grownups will fall for the simple but delicious meals the two chefs have thoughtfully put together. Not that it’s ever that simple. Food is made per batch twice a month, strictly monitored, and unlike commercial baby food, it has a shorter shelf life. The reception, however, has been amazing: Parents have phoned in and sent e-mails thanking them for providing healthier choices for their babies. Pick-up locations have expanded to several spots around the metro as well. As bit players in the immense children’s food industry, the encouragement from friends and customers alike has been extremely uplifting. “As moms who love both our children and food, this is something very personal and dear to us,” adds Tina. With help from Mother Nature herself, Tina and Rebecca are moms on a mission to make a difference in the lives of families everywhere.

To order Oh, Baby! products, call 0918-09478462. See www.ohbabyph.com for an online order form, a list of pick-up points, and baby-friendly recipes.



THE SIDCOR MARKET AT CENTRIS WALK

Healthy finds in the heart of Quezon City



People in northern Manila have much to rave about with the Sidcor Market's new Sunday spot at the Centris Walk mall grounds. The familiar rows of green and white-striped tents we used to visit at The Lung Center still ply much of the usual fare:

luscious *lansones* and

mangoes, Baguio greens, fiery kimchi, fresh tuna belly, and, yes, the occasional pile of goat heads. It's also home to a collection of stalls that have little in common save for their conscious decision to promote healthier eating and living.

There's Healthy First, which sells all-natural fruit juices by the bottle, in flavors like mango-lychee and carrot-strawberry. After juicing, the extra pulp gets reused in their addictive carrot muffins and apple pies. Owner Nayni Versoza came up with the concept when her sister, a mother superior with the Good Shepherd nuns, started delivering her a surplus of their convent's carrots. "I didn't know what to do with so many carrots!" explains Nayni as she hands out samples to passersby. "Finally we decided on juices, which turned out to be a great idea." Next to her, Mio Siojo mans his family booth, serving up jars of wild honey from their hometown of Infanta, Quezon. There's also dried blueberries for cereal, mouthwatering *atsarang kangkong*, and an assortment of baked goods.

Meat lovers shouldn't be unfazed though; nearby Yrreg's from Nueva Ecija has additives-free beef and pork *longganisa* with a garlicky flavor and sweet undertones. "I'm proud of our meats," says owner Gina Galang. "Our recipe for *hamonado* has been passed down from my great-grandmother." On the other side of the market is Naturally Farmed, a network of organic producers that offer duck eggs and pork along with other farm produce. One member, Jeje Mercado, was shocked when she took over a conventional piggery in the province. "The whole place stunk from the methane coming from animal waste. We found out it was because of the poor quality of the pigs' food," she recounts. Today, the pigs subsist on a healthier diet of *kangkong* and bananas. "Pigs by nature collect fat. But compared to what's out there, you'll immediately notice our meat is tastier. And guess what? The smell in our farm is gone."

There's more to be had at Sidcor: fluffy *malunggay* bread, fresh goat's cheese, homemade paprika oil, and organic salad dressing. The list goes on and on. To be certain, Sidcor and other weekend markets are a welcome change from the metro's manic shopping mall culture. Banking on homegrown entrepreneurship and people's growing desire to cook and eat smarter, Sidcor and other weekend markets are on the verge of a tipping point. One way or another, going to the *palengke* will never be the same again.

The Sidcor Market is at Centris Walk (beside the Centris MRT Station), EDSA corner Quezon Avenue, Quezon City. The market is open on Sundays, from six a.m. to two p.m.





KITCHEN HERBS

Organic herbs to cook with

"Variety is the spice of life" goes the old saying, but for corporate man turned farmer, Gejo Jimenez, it's all too literal. At his Kitchen Herbs farm in Silang, Cavite, he carefully plants, grows, and harvests a wide selection of organic culinary herbs—parsley, rosemary, and cilantro, but also more exotic ones such as Thai basil, kaffir, and galangal—sought after by no less than some of Manila's top restaurants and hotel kitchens. "Selling specialty produce isn't easy," explains Gejo, who constantly travels between his farm in Silang to the family home in Sta. Rosa, and to various customers in the metro. "By nature, I can only deliver small quantities to restaurants, but when I do arrive, it's a big relief for chefs! After all, it's the herbs that give character to their dishes." He isn't bragging, only brimming with enthusiasm for what he considers his new cause in life.

It wasn't always the case though. A few years ago, the Jimenez family faced a health crisis that set him on the path to raising his own organic vegetables. As his garden patch grew, he decided to try selling at a local market with mixed results at first. "Some people have this impression that if food is labeled 'organic' or 'healthy,' *hindi siya masarap*. But then I realized that herbs, if you grow them naturally, last much longer and retain more of the essential oils that give them fuller flavor." Gejo approached friends in the restaurant industry, among them his former fencing teammate, chef Gene Gonzalez, and slowly built a network of contacts that he now supplies with produce. Today they grow various kinds of arugula, baby carrots, French beans, and spinach during the cold, dry months, and tomatoes during the summer. Adhering to strict standards, Gejo not only follows conventional organic practices, but also applies the principles of biodynamics, a holistic approach to sustainable agriculture. The workings of biodynamics can get pretty heady, he admits, but the results have been astonishing.

In 2005, he decided to leave the corporate world behind to manage Kitchen Herbs full-time. It was a risky venture from the very beginning. "It's a very hands-on approach to farming. I have to be there at every stage and process, from mulching to weeding. It can get very exhausting, but the results are worth it." Prime among them is that Gejo knows he responsibly provides safe produce to his customers. "I would never have done this [Kitchen Herbs] if it wasn't organic. That was my aim from the start. If I went to a big chemical company, I would get profits now, but poison the soil, and harm people in the long term. The company makes money, but someone else bears the cost. Here, I share the cost with consumers, and nobody gets sick." Those who order herbs from Gejo, whether top chefs or self-inclined foodies, can appreciate this fact. And while others continue to rave about restaurants offering sumptuous salads and other greens, Kitchen Herbs will continue to be their secret recipe, the crucial ingredient to many a dish.

Kitchen Herbs is at the Mercato Centrale weekend market at Bonifacio Global City, Taguig City. To order directly, email kitchenherbs@gmail.com.

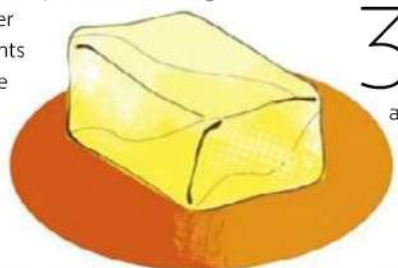
Kitchen basics

Want to be a better cook? Start here! Get tips on how to read a recipe correctly, brush up on some complicated kitchen terms, and learn your way around popular beef and pork cuts. by **Liezl Yap**

Illustrations by **Aza Mazon**



1 First, read the whole thing! Always carefully read through the entire recipe before preparing anything, so you aren't scrambling to retrieve the pepper mill from an overhead cabinet while your stir-fry comes dangerously close to burning. Remember: The order in which the ingredients are listed is always the order in which they are used. Also, if a recipe says that a particular ingredient



(for example, $\frac{1}{2}$ cup olive oil) is "divided," that means that it won't be used all at once—so read the recipe and take note of when to add which amount.

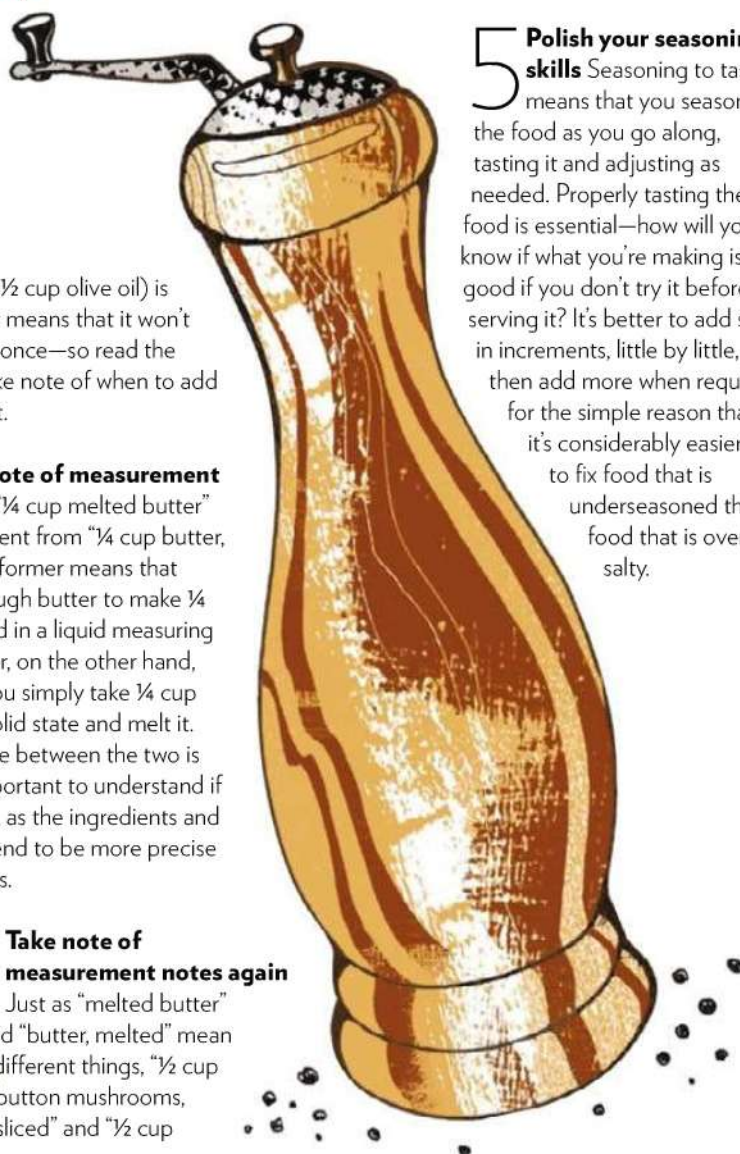
2 Take note of measurement notes " $\frac{1}{4}$ cup melted butter" is different from " $\frac{1}{4}$ cup butter, melted." The former means that you melt enough butter to make $\frac{1}{4}$ cup, measured in a liquid measuring cup. The latter, on the other hand, means that you simply take $\frac{1}{4}$ cup butter in its solid state and melt it. The difference between the two is especially important to understand if you're baking, as the ingredients and instructions tend to be more precise in such recipes.

3 Take note of measurement notes again Just as "melted butter" and "butter, melted" mean different things, " $\frac{1}{2}$ cup button mushrooms, sliced" and " $\frac{1}{2}$ cup

sliced button mushrooms" are not the same as well. If the manner in which the ingredient should be prepared comes after it (e.g., sliced), that usually means that you measure the ingredient (in this case, the mushrooms) before prepping them as instructed.

4 Observe how food looks as it cooks You'll often find instructions in recipes that tell you to cook something until it's translucent (onions), or fragrant (garlic), or brown (beef). Since every stove and pan is different, instructions that rely on your own senses are oftentimes more useful than telling you to cook something for a certain amount of time. This can be daunting for first-timers or novices, but don't be nervous: All it requires for you is to be present in the moment. Simply pay attention to what you're doing and you'll be fine.

5 Polish your seasoning skills Seasoning to taste means that you season the food as you go along, tasting it and adjusting as needed. Properly tasting the food is essential—how will you know if what you're making is good if you don't try it before serving it? It's better to add salt in increments, little by little, and then add more when required, for the simple reason that it's considerably easier to fix food that is underseasoned than food that is overly salty.



YOUR GUIDE TO 25 COMPLICATED KITCHEN TERMS

Al dente An Italian term that means "to the tooth," it means cooking something (e.g., pasta or vegetables) until firm, not too hard and not too soft.

Bain-marie Literally a water bath, it is a method used to ensure that food cooks evenly by immersing the container or pan in heated water.

Baste To coat or brush food with sauce or its own drippings while it is being cooked, to prevent it from drying out.

Blanch To quickly cook items in hot water and then plunge them into an ice water bath afterwards, which stops the cooking.

Vegetables are often blanched so their color and crispness can be preserved even when they are cooked.



Bouquet garni

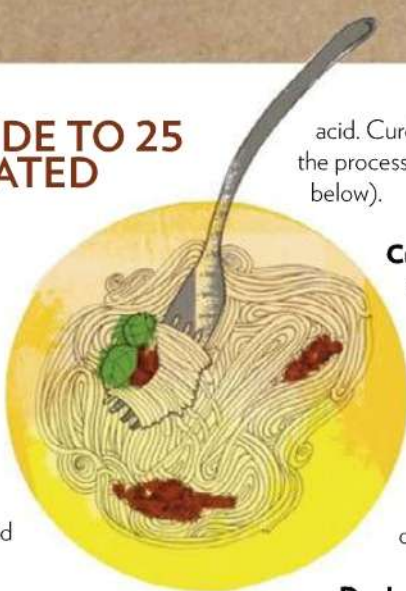
Refers to a bundle of herbs used to flavor stocks or soups. It usually contains parsley, thyme, and bay leaf, but it can also include rosemary, tarragon, and other aromatics.

Brining A process in which the meat is soaked in brine (or a salt solution) to ensure that it stays moist when cooked.

Chiffonade Slicing leafy vegetables or herbs into fine shreds or thin strips. The term originates from the French word "chiffon", which means rag.

Curdling Refers to the separation of an egg-based or milk-based mixture into solids or liquids when subjected to too much heat or

acid. Curdling can be avoided through the process of tempering (see definition below).



Cut in To mix butter or shortening into a dry ingredient (e.g. flour) using a fork, a pastry blender, or two knives. Though you can use your hands in a pinch, utensils are generally preferable as they will preserve the coldness of the fat, which affects the outcome of the final product.

Deglaze To dissolve caramelized bits and food particles stuck on the bottom of a pan (usually called "fond," French for bottom) by adding liquid such as stock, wine, or even tomato sauce. This can be used to add more flavor to the dish or as a foundation for a sauce or gravy.

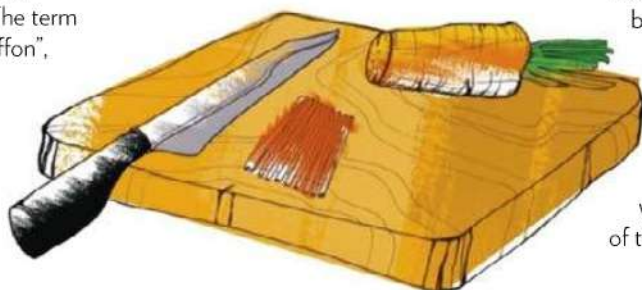
Emulsify To combine two or more liquids that do not blend together easily, usually one that is a fat (e.g., oil or egg yolks) and water-based (such as stock). For the liquids to combine properly, one is poured into the other while beating continuously.

Ganache A mixture made of cream and chocolate, heated until the chocolate has melted and combined with the cream. Typically used as a sauce, frosting, or a glaze.

Giblets Refers to the heart, gizzard, neck, and liver of poultry. Giblets can be used to make gravy, though the liver is typically discarded as its flavor tends to be overpowering.

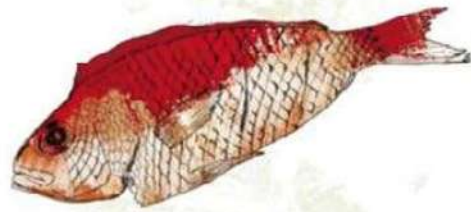
Gratin A culinary technique where the dish is topped with ingredients such as breadcrumbs or grated cheese before being baked or broiled, creating a browned crust.

Julienne To cut vegetables into thin, matchstick-like strips that are 1/8 of an inch wide and 1 to 2 inches long.



Papillote, en A method of cooking in which the food is wrapped in parchment and baked in the oven.

Poach To simmer food in liquid (usually stock, though oil or even milk can be used) until it is cooked through. Eggs are usually associated with this cooking method, but anything from fish to fruit can be poached.



Reduce Typically refers to the act of simmering or boiling liquid until it decreases, usually to achieve a thicker consistency or an intensified flavor.

Rolling boil Refers to the temperature at which liquid is boiling very rapidly and producing bubbles, not stopping even when the liquid is stirred.

Roux A mixture of flour and fat (usually butter) that is cooked and used to thicken gravies, sauces, or soups.

Scald Heating a liquid, usually milk, just below the boiling point.

Searing To brown food over high heat to lock in its juices. Food that is browned is usually braised or roasted to finish it off.

Simmer To cook food at a temperature just below the boiling point.

Slurry A combination of cornstarch and cold liquid used to thicken sauces or soups. It is necessary to mix it together in a separate bowl prior to being added to the pan to prevent it from forming lumps.

Tempering To temper means to gradually raise the temperature of an ingredient before adding it to a hot liquid, usually to prevent curdling. It is done by taking a small amount of the hot liquid and incorporating it into the ingredient to be added while stirring constantly. Once the ingredient has been warmed, it can then be added to the rest of the hot liquid.

Kitchen essentials

We all dream of a big kitchen outfitted with granite countertops and sleek appliances. But in reality, cooking doesn't require fancy equipment or the most modern gadgets and utensils. In fact, it can be downright simple.



THE MUST-HAVES

When you pare down your kitchen to its barest essentials, these are the things you'd want to keep.

Knives When it comes to knives, you really only need four: a chef's knife for all-around chopping and cutting; a cleaver for meat and hard vegetables; a serrated knife for food that a chef's knife cannot neatly slice through

(such as bread, chocolate, or tomatoes); and a paring knife for more detailed tasks. Whether you want to invest in a more expensive brand is up to you, but the most important thing is to keep knives sharp. Dull knives are more dangerous than sharp knives because you need to exert more pressure to slice things properly, and they may even slip out of your hands in the process.

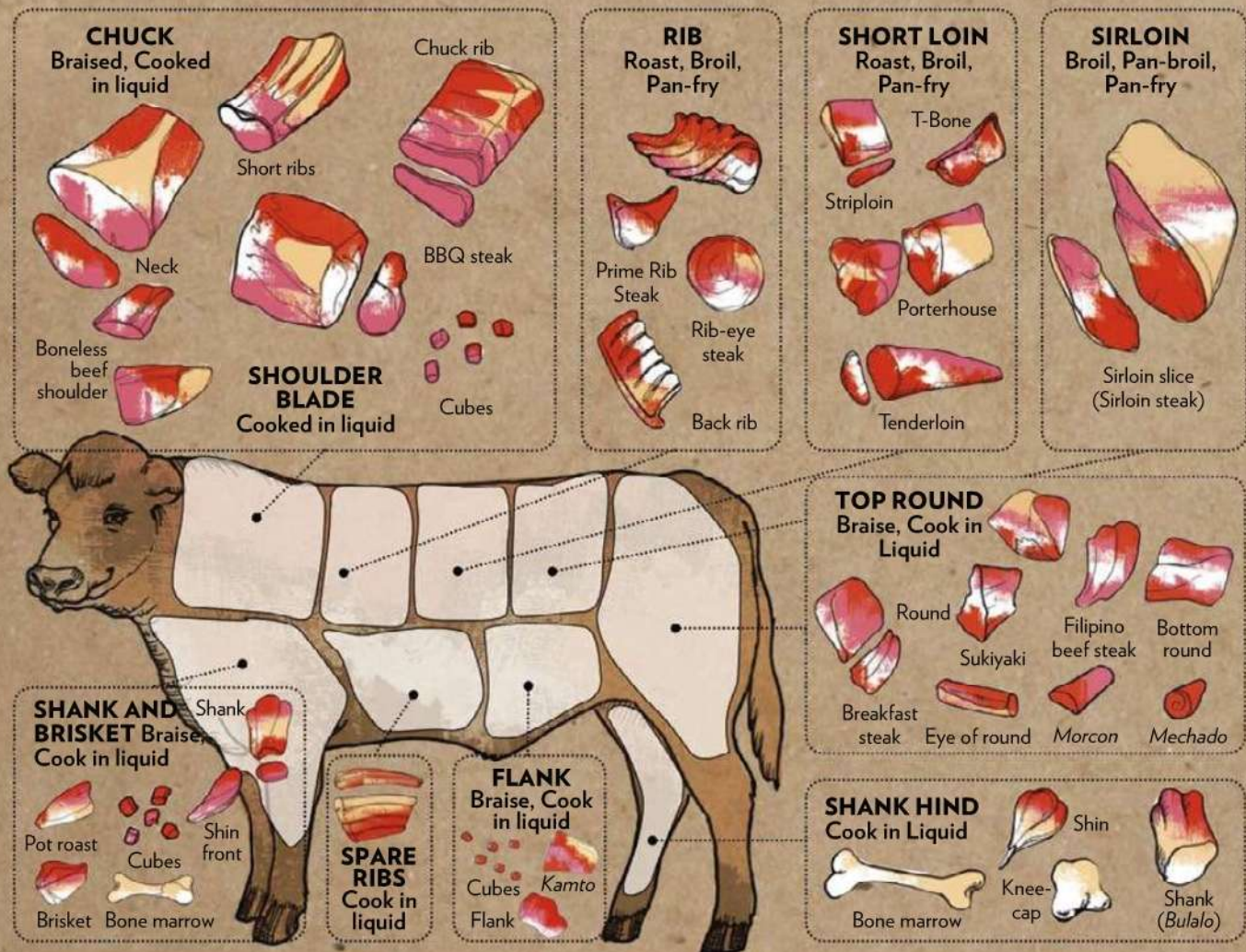
Pots and pans

Even with a big family, you'd be able to cook practically everything you need with just four pots and pans: an all-around stockpot (for pasta or big batches of soup), a medium-sized frying pan, a sauté pan with high sides, and a saucepan.



Beef & Pork Cuts

Do you find the supermarket's meat section confusing?



SPECIAL THANKS TO MONTEREY MEAT SHOP FOR REFERENCE.



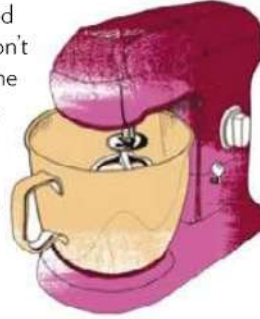
Immersion blender You might be surprised to see this on a list of kitchen essentials, but immersion blenders these days come with all sorts of other attachments (like a whisk and a chopper) that make them a great buy. With all these attachments, a blender can practically double as a food processor. And because you can dismantle the parts before storing them away, they're space-saving too!

Toaster oven No space or budget for a full-sized oven? Get a toaster oven instead! You can use it to bake, broil, reheat, and toast, and its small footprint means savings in both space and electricity.

THE NICE-TO-HAVES

Not necessarily essential, but good to have around.

Stand mixer Great to have if you're a baking enthusiast, but otherwise, you can actually manage to do nearly everything a mixer does yourself—it will just take a little more time and a lot more elbow grease. If you really want one, check out warehouse sales where these appliances can sometimes be found at discounted prices. They still don't come cheap, but the established brands last forever and can even be passed down from generation to generation.

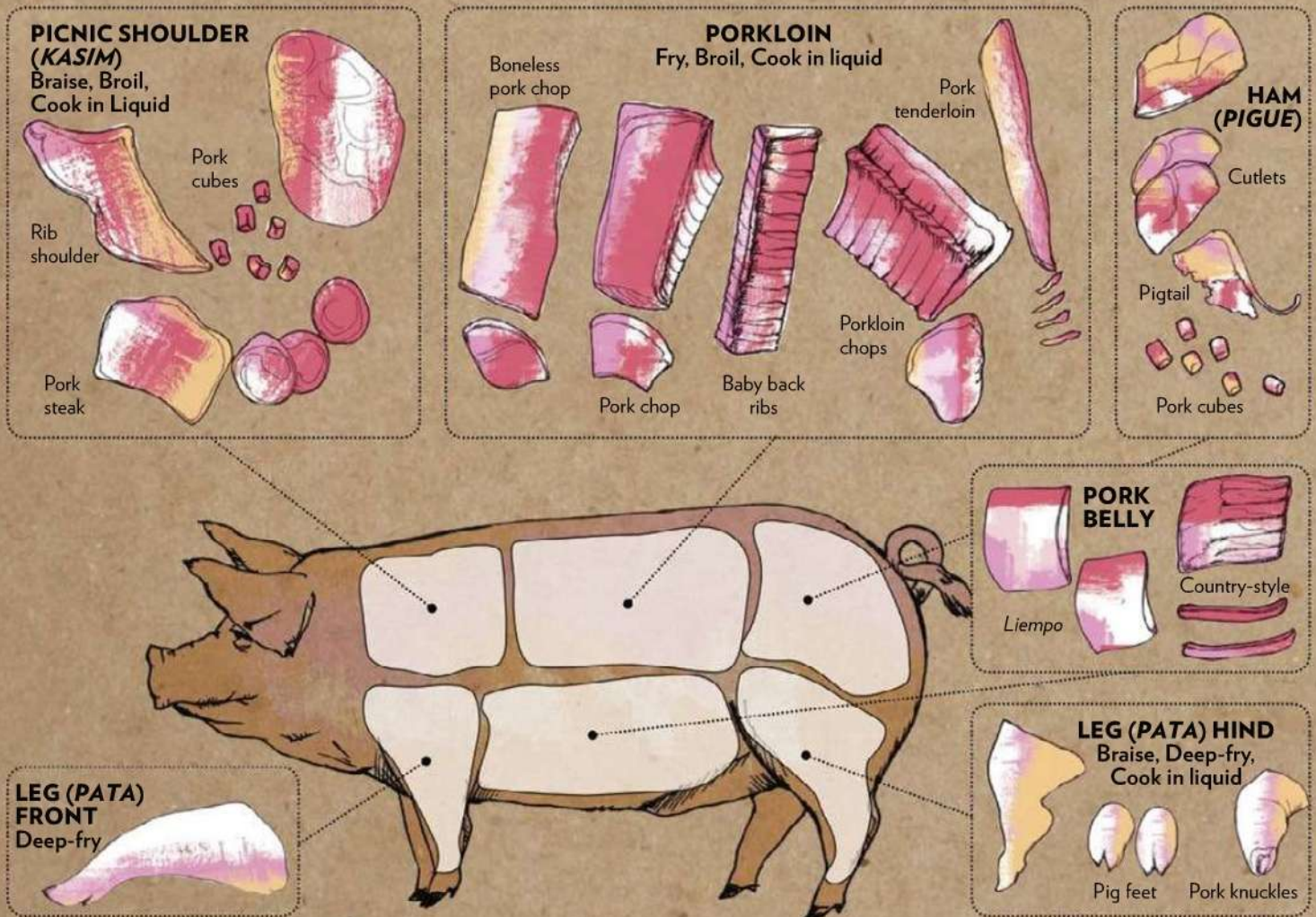


Food processor Pro: It definitely helps cut down on prep time. Con: It takes up an awful lot of space. A food processor is good for certain things, but we still think that an immersion blender would be more useful.

Rice cooker It's a fixture in practically every Filipino household and it can be used to cook a variety of things other than rice. But let's face it, a rice cooker takes up valuable counter space, and you can always cook rice in a saucepan or pot.

All the other bells and whistles If you have the space and the budget, you can keep acquiring new cookware and equipment, and that's great. But if you don't, that's fine, too. The way we see it, basic cookware aside, you've already got the best tools around: your own two hands. Everything else, as they say, is just gravy.

Tear out this guide and bring it with you the next time you do your grocery shopping!



Restaurants

Asian invasion

Three of Asia's most popular restaurant chains have finally arrived, bringing with them iconic cuisine from Singapore and South Korea. Discover what these restaurants have to offer, and if they're truly worth the long lines.

Reviews by Ryan Fernandez
Photography by Miguel Nacianceno
Pictorial Direction by Elaine P. Lim

A chicken rice surprise

WEE NAM KEE

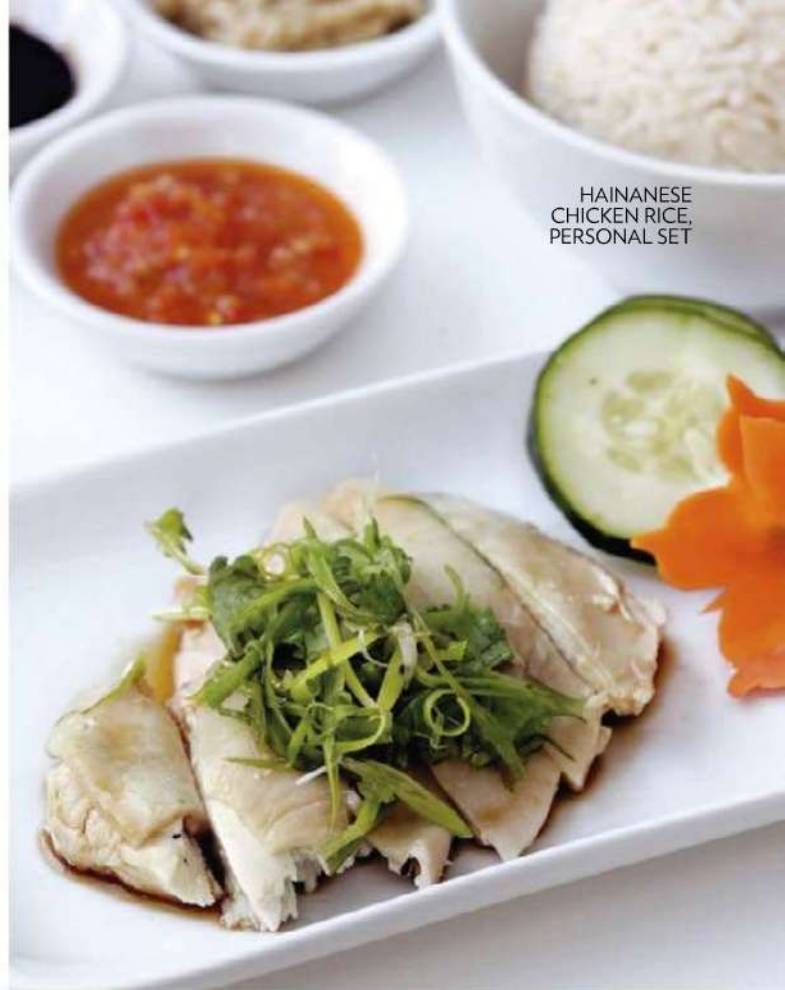
There's chicken rice, and there's Wee Nam Kee chicken rice. I never knew the difference until the local food blogosphere was electrified with news of the popular Singaporean restaurant's imminent arrival. From its bustling, umbrella-festooned outlet along Thomson Road, Wee Nam Kee has just opened shop in Ayala Triangle Gardens, serving up what's supposed to be one of the best Hainanese chickens this side of Southeast Asia. It's a tough reputation to keep, and our local branch lives up to it despite some much welcomed fine-tuning along the way.

There are actually three kinds of chicken to be had—classic steamed, roasted, and a third marinated in a special house soy sauce. I kept to the first two; the logic being, if they could pull off old, reliable steamed chicken, Wee Nam Kee would be set. Hainanese chicken can be subtle and complex; achieve the right balance of flavors from the chicken, rice, soup, and selection of condiments and you're in for a rewarding meal. Their tender steamed chicken is drizzled with sweet sesame oil, a little bit too much for my taste, which played tug-of-war with other flavors. (Try adding some pounded ginger to neutralize the sweetness.) If you find steamed chicken bland, opt for the roasted version which has a tastier, golden-brown skin. Not to be outdone, the oily rice is simply addictive with hints of garlic and ginger.

There's more to Wee Nam Kee than chicken though. There are rice bowls with roasted meats such as *lechon kawali*, although it's a slight disappointment with too much fat and too little crispy skin. Another party ordered an impressive mound of plump, deep-fried prawns coated with breading that I couldn't resist asking for as well. The server said the shrimp's head and skin were crisp enough to eat, but one bite and I was picking bits of it from my teeth. (Although I found myself eating spoonfuls of the mildly sweet crumbs that bring to mind Cerelac or Nesvita.) For more seafood, try the sweet and spicy honey-coated squid, or stir-fried clams. A sizzling hot plate of minced meat, baby corn, tofu, red peppers, and mixed Chinese mushrooms is also available, but really quite average. Families can share the Hong Kong-style birthday noodles. Dishes can get spicy and savory, so for dessert there's a welcome mango pudding and more interestingly,



CRISPY
CEREAL
PRAWNS



HAINANESE
CHICKEN RICE,
PERSONAL SET

sesame rice balls in a ginger broth. There's even a barley drink that's thicker and more sour than that of Toast Box.

Given that it's brand new and still trying to find its place in the local restaurant scene, it's understandable that Wee Nam Kee may be figuring out how to please Filipino palates: The frying needs fine-tuning, and some sauces like the honey squid's seemed watered down. The servers also seemed overwhelmed, too busy looking over each other's shoulders, or rehearsing the descriptions of various orders. In time, Wee Nam Kee should set things straight, and by then, I'll be looking forward to an even better plate of Hainanese chicken rice.



SAMBAL
KANGKONG

STIR-FRIED CLAMS

ADDRESS Ayala Triangle Gardens, between Ayala Avenue, Paseo de Roxas Avenue, and Makati Avenue (parking entrance along Makati Avenue), Makati City; tel. no.: 846-8924 **MUST-ORDERS** Hainanese Chicken Rice (P248); Crispy Cereal Prawns (P375); Honey Squid (P230); Stir-fried Clams (P280); Sambal Kangkong (P190); Hong Kong Birthday Noodles (P255); Sesame Paste Rice Balls in Ginger Broth (P65); Hot or Cold Barley (P55); Milo Dinosaur (P55) **PRICE RANGE** Chicken and other signature dishes, P168 to P888; Rice toppings, P178; Main orders, P225 to P375; Vegetables, P180 to P225; Noodles, P205 to P265; Rice, P35 to P190; Desserts, P65 to P78



CHICKEN
COMBINATION
(WINGS & DRUMSTICKS)

Fast food with flair **BONCHON CHICKEN**

I first tried BonChon at a luncheon party; someone had brought half a dozen takeout boxes, and a toddler was running around, waving a half-eaten drumstick with absolute glee. Friends in Seoul and New York had been telling urban legends about twice-fried chicken, but it was only then, handed a box of their soy garlic recipe, that I was to relish what soon became a dangerous addiction. I would go on wolfing down what could possibly be reconstructed into three whole chickens—a grim fact that dawned on me as my satisfaction turned successively into shame, denial, acceptance, and, finally, gluttonous pride.

To be clear, these are not your father's Buffalo wings or a Korean-style fried chicken: There's no messy sauce or celery sticks, not even a dollop of blue cheese dressing within dipping reach. Korea's chicken tradition is a totally different creature coated in fine flour and light batter before being fried, lifted out, cooled for a couple of minutes, then dipped again for a second round. Specifically, BonChon's version is then glazed with either their soy garlic or (highly potent) spicy marinade, which locks in lip-smacking flavor. The result is a golden-crisp shell that breaks with a satisfying crunch. The process even cooks the meat underneath, and surprisingly leaves the chicken grease-free.

Ordering is fairly straightforward: Pick between wings, drumsticks, or a combination of both, and then choose a flavor. Three different serving sizes mean everyone's happy, from the lone competitive eater



GINGER AND
TOFU SALAD

all the way to the large office *barkada*. Make sure to get side dish partners like kimchi coleslaw and pickled radish, which add sweet and sour notes to an otherwise savory meal. If stripping clean a pile of chicken wings doesn't exactly sound too healthy, grab one of their salads mixed in with wonton strips, fried tofu cubes, and ginger sesame vinaigrette. And when you do get fed up with chicken (which tends to happen after your 26th piece,

give or take) there's a sweet-tasting stir-fried beef bulgogi wrap hiding in the menu. Finally, this being the Philippines, you can have your bulgogi, or any of the chicken, with rice instead.

There are a few letdowns such as ho-hum fries and a curiously dry chicken chop fillet, but these are minor complaints that barely diminish the experience. Given its two outposts in Greenbelt 1 and the gleaming Ayala Triangle Gardens dining strip, expect hordes of office yuppies hunkering down with a pile of boxes every lunch and dinner. Service so far is keen and efficient, and every now and then, a server will have the heart to get your additional orders without you having to fall in line all over again. And whether or not the company's nutrition claims are wholly valid (organic chickens, olive oil frying), the flavors and textures of Korean fried chicken will continue to surprise, delight, and make BonChon believers out of many.

● ADDRESS Ayala Triangle Gardens, between Ayala Avenue, Paseo de Roxas Avenue, and Makati Avenue (parking entrance along Makati Avenue), Makati City (with another branch at Greenbelt 1 Mall, Paseo de Roxas Avenue); tel. no.: 621-6188 ● MUST-ORDERS Soy Garlic or Spicy Flavored Chicken (P185 to P720); Kimchi Coleslaw (P45); Bulgogi Wrap (P125); Ginger and Tofu Salad (P125) ● PRICE RANGE Chicken, small P185, medium P365, large P720; Value meals, P125 to P145; Salads, P125; Entrées, P125; Side orders, P45 to P125; Drinks, P30 to P150

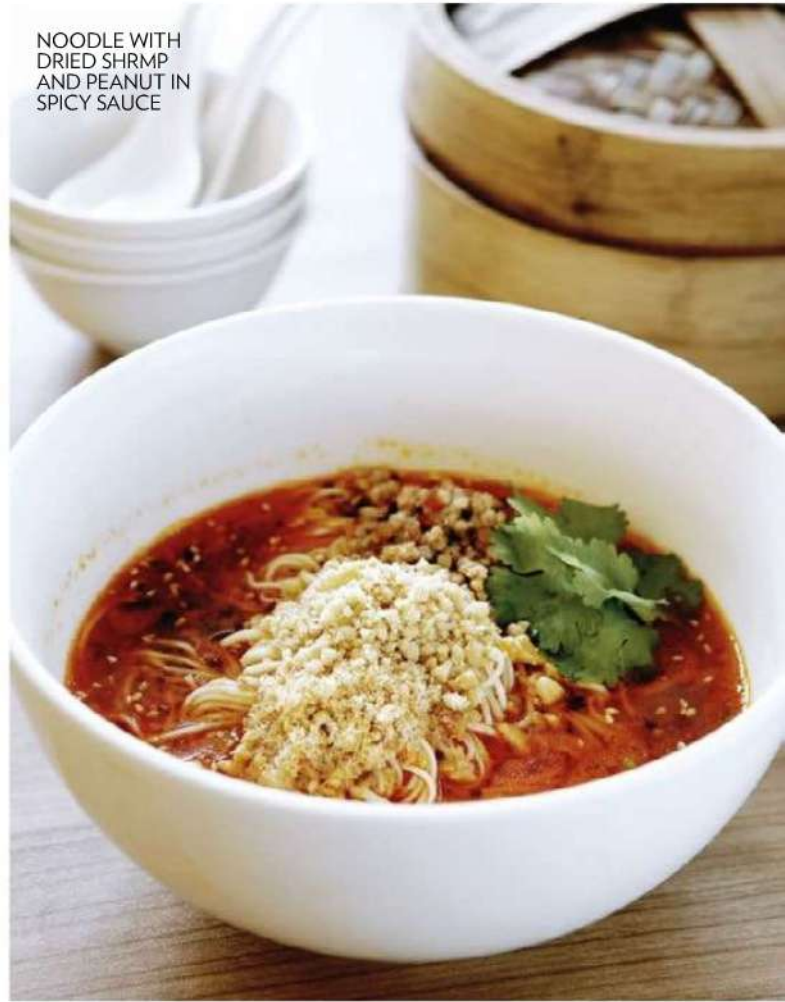
xiao long wow CRYSTAL JADE

If you frequent Greenhills, you've already noticed the antsy crowd fanning themselves with menus while waiting for a table at Crystal Jade. Those in the know feel their heart skip a beat whenever the hit dimsum and noodle shop chain from Singapore and Hong Kong is mentioned. Riding on the popularity of its luscious *xiao long bao* dumplings, Crystal Jade has finally made landfall in Manila, bringing with it the lunchtime vibe of hawker centers and hole-in-the-wall noodle shops. Upper middle class the clientele might be, but past its glass doors lies the frenzied pace and clatter you've come to expect from Chinese restaurants: harried waiters juggling orders, large families slurping on noodles, and the occasional crash of dinnerware somewhere in the backroom. It's pure mayhem especially on Sundays, but the lines are worth the wait.

Start with slippery jellyfish in sesame oil, or the caramelized crispy eel topped with shredded ginger. Cold, rainy days call for soups; I opted for the hot and sour, which was milder than what most other restaurants serve. Crystal Jade has its roots in Singapore's *mélange* of culinary traditions, and you can sample influences from that region with orders like their dried shrimp and peanut noodle soup: hand-pulled noodles made upon order in a thick and spicy soup reminiscent of curry laksa. It does get dull after a few spoonfuls though, so ask for extra cilantro. No visit is complete without a serving of their house *xiao long bao*, Shanghai-style pork dumplings that burst with soup at first bite. You can order them elsewhere (nearby Suzhou in Promenade to begin with), but their version's flour skin holds firmly so there's no worry about soup leaking out. A woman in the next table turned to me, raving, "Whatever you do, you have to try these!" as she plopped a piece into her mouth. An order of five pieces will set you back P158, and not everyone will be impressed by gussied-up dimsum, but if you're looking for the complete Crystal Jade experience, the *xiao long bao* is definitely a must.

It's the star of the show, although there's other dimsum to be had: fiery chili sauce siomai, flaky radish puffs, fried scallion pancakes and beancurds, and even a soup-filled Beijing Pork Dumpling that exists in the shadow of its more popular cousin. After rounds of savory and spicy dishes, the cold mango pudding with *sago* balls and shredded pomelo was a welcome change. Expect other usual suspects to show up on the menu, including Peking duck, pork ribs, Yang Chow

NOODLE WITH
DRIED SHRMP
AND PEANUT IN
SPICY SAUCE



fried rice, and a selection of silky noodles. A lackluster lemon chicken that seemed more breading than meat was a minor disappointment. But that's forgivable—dimsum and noodles are what they do best. Just a tip: If you have no patience for long lines, come back for the tea-time *yum cha* during the less frantic afternoon shift. But peak hours or not, Crystal Jade, much like its *xiao long bao*, is simply a delight.



CRISPY EEL IN
"WU XI" STYLE

XIAO LONG BAO



ADDRESS G/F V-Mall (formerly Virra Mall), Greenhills Shopping Center, San Juan City; tel. nos.: 570-6910, 570-6912 **MUST-ORDERS** Jelly Fish with Sesame Oil (P170); Crispy Eel in "Wu Xi" Style (P288); Spicy and Sour Sichuan-style Soup (P150); Noodle with Dried Shrimp and Peanut in Spicy Sauce (P288); Xiao Long Bao (P158); Radish Pastry (P98); Yang Chow Fried Rice (P248); Mango Cream with Sago and Pomelo (P95) **PRICE RANGE** Appetizers, P170 to P288; Soups, P150 to P750; Specialties, P200 to P2,000; Main dishes, P248 to P348; Vegetables, P250 to P300; Dimsum, P70 to P158; La mian (hand-pulled noodles), P160 to P288; Rice and noodles, P248 to P308; Desserts, P95 to P138; Drinks, P50 to P110

THIS MONTH, CHECK OUT...

Ayala Triangle Gardens

In the middle of Makati City is a green patch of land, and in the middle of this green patch of land is...food.



Amici

While elitists will say the "new" Amici won't hold a candle to the "old" one, there is no denying that Amici has perfected the art that is pizza. Their crunchy-thin crust is an awesome backdrop to any flavor you fancy. Their selection of pasta dishes, meanwhile, makes a good secondary viand. Don't leave without a scoop of gelato from Cara Mia.

MUST-TRIES Spaghetti Vongole, Pasticcio di Fegato Pizza, Spaghetti Tsori del Marre



Golden Spoon

The open air makes park strollers want to gobble up their refreshing yogurt and offers diners some dessert to round out their meals. The yogurt's taste and texture, not to mention

the different flavors and a variety of toppings, will make you think it's ice cream you're having. When you're out with the kids—or the girls!—order a quart and while the weekend away. **MUST-TRIES** Strawberry Yogurt with mixed berries as toppings, Old-fashioned Vanilla Yogurt



Omakase

This is the place to go if you want good service and affordable Japanese food. Omakase retains the class and calm of Japanese cuisine but doubles up on service, allowing Makati's yuppies

to enjoy a good hour-long meal. It's everything that has made Omakase something of a myth and more: That it's situated in a park, with an alfresco area, makes their sushi platters more refreshing than usual and gives their bento boxes a picnic-like feel. **MUST-TRIES** Omakase fries, Mt. Fuji roll, Seaweed Salad, Soft-shell Crab Tempura



Bfast by Chef Roland Laudico

This casual joint serves hearty Pinoy breakfast all-day long: Rice meals (aka Silogs), *pandesal* sandwiches (Pandeninis), and pastries perfect with coffee. True to form, top chef Roland Laudico puts a global spin on the Pinoy breakfast. Fancy their Eggsaymada? It's good ol' eggs benny on Pinoy fave *ensaymada*! **MUST-TRY** Silog topped with Tapangus, a *tapsilog* with *tapa* made from US Angus beef



Banapple

With its homey-country interiors, this QC favorite lands in Makati City. It's obvious that the citizens of the Makati CBD are eager to try what North-bound folk have been raving about. On the afternoon that *Yummy* visited, Banapple was the busiest of the lot. And why wouldn't it be? Their cakes call for you right from the counter; their pastries, displayed in a corner, ready for the taking. And the interiors? Gawd, just as lovely as Lola's. **MUST-TRIES** Banapple's Hickory Smoked Barbecued Country Ribs, Lasagna roll-ups, and why, that slice of their famous Banoffee pie!



Other notable restaurants in the area: BonChon Chicken (see review on page 76), CBD, Kanin Club, Momo, Pho 24, Wee Nam Kee (see review on page 75)

Yummy Deals

Over
P45,000
worth of
goodies to be
given away!

Freebie Code: 011

SODA STREAM 6 WINNERS OF STREAM DRINK MAKER



apple, plus fruit creations such as cranberry-raspberry. Or you could create mixers such as ginger ale and tonic. Cheers to doing your DIY drink!

Visit www.sodastream.com.ph for more information.

sodastream

Could there be anything cooler than turning ordinary water into sparkling water in 3 seconds or making soda in the comforts of your home? Sodastream drink makers and related accessories provide an environmentally-friendly, convenient and cost-effective alternative to store-bought sparkling water and soft drinks!



Freebie Code: 012

20 WINNERS OF P500 WORTH OF SOYAMI CHIPS



The holiday season is over and so are the feasts! This

year, it's time to get back on the healthy track and start 2011 right.

Twenty lucky readers will get to snack on Soyami Soy Chips that is high in protein and fiber and is a healthy

alternative to enjoy chips without junk foods' harmful effects! Try their three

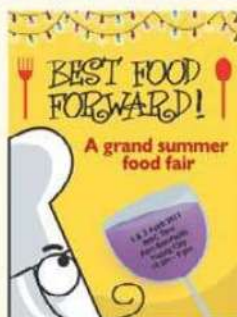
exciting flavors- Soyami Soy Chips Original, Pizza and White Cheddar and start making those positive changes in your lifestyle that will result to a healthier you.

Visit www.amsoyami.com for more information



Freebie Code: 013

BEST FOOD FORWARD 10 winners of 10 tickets each



Be ready for Best Food Forward! BFF is the grandest food and drink fair showcasing an array of the best in the country! On April 2-3, 2011 at the NBC Tent, participants will see the culinary scene's movers and shakers in action as well as new comers whose creations are ready to be experienced and savored! Email bestfoodforward@gmail.com or contact 0920-9148175 and 0917-7941984 for more info.

WIN BIG WITH YUMMY DEALS!

MECHANICS:

To register, type JOIN YUMMY <name/b-date (mmddyy)/ complete home address/e-mail address/gender> via mobile for your one-time FREE registration to all our future promos! ex. JOIN YUMMY anne sy/010282/2 santol st., kamias, qc./anne_sy@yahoo.com/female. For the chance to win, type YUMMY FREEBIES <Freebie Code><your favorite recipe in this issue> and send to 2640. P2.50/txt.

This promo is open to all readers of Yummy. Entries will be accepted from January 1 to 31, 2011, 11:59 PM. The raffle draw will be held via electronic raffle on February 4, 2011 at 2:00 PM at the Summit Media located at the 7/F, Cybergate Tower 3, Pioneer St., Mandaluyong City in the presence of a DTI representative. Six (6) winners of Stream Drink Maker, ten (10) winners of Best Food Forward 10 tickets each, and twenty (20) winners of P 500 worth of Soyami Chips each will be drawn. Winners will be notified via SMS, email and registered mail. A person can only win once. Winner will get the prize of higher value if drawn more than once. When claiming the prize, please present the following: valid ID matching name used to enter the promo + letter of notification + YUMMY's January issue. Prizes may be claimed at the 7/F, Summit Media, Cybergate Tower 3, Pioneer St., Mandaluyong City, Monday-Friday 10am- 3pm. Provincial winners will receive their prize through courier. Redemption period is 60 days from receipt of notice. Prizes are not convertible to cash. Unclaimed prizes outside of redemption period will be forfeited in favor of Summit Media with prior DTI approval. Employees of Summit Media and partner sponsors for this promo including relatives up to the second degree of consanguinity or affinity are not qualified to join this promo.



From Rachelle's kitchen

Food editor **Rachelle Santos** shares a recipe, kitchen tips and advice, and gotta-know culinary info.

RECIPE FILE

Tinapa Parcels with Mango Salsa

Fuss-free and freezer-friendly, these smoky parcels can be assembled in minutes! The recipe can be easily doubled, too.

Scale, debone, and flake **10 pieces (about 300 grams) smoked fish or tinapa**. Place about 1 spoonful of flaked fish on each center of **25 (2x2-inch) wonton wrappers**. Brush sides of each wonton with water and fold to make a triangle; set aside. Make the mango salsa: In a bowl, combine **2 cups diced mangoes**, **¼ cup finely chopped shallots**, and **2½ tablespoons chopped cilantro**. Season with **fish sauce** and **chili flakes**; set aside. Deep-fry *tinapa* parcels a few pieces at a time until crisp and golden; drain on paper towels. Transfer to a platter and serve with mango salsa. *Makes 25 pieces.*

JUST ASK!



Q Some recipes call for cooking wine or dry wine, while others require rice wine. How is one different from the other?

A Here's the low-down on commonly used wines for Asian and continental cooking: **Shaoxing wine** is a fermented rice wine from China that's widely used in Chinese cuisine. Gin, dry sherry, and sake are possible substitutes. • **Sake** is a Japanese rice-based alcoholic beverage that's also commonly used in Japanese and Korean cooking. Shaoxing and dry sherry may be used instead. • **Mirin** is an essential condiment in Japanese cooking. This rice wine is sweeter and has a lower alcohol content than sake. If unavailable, use sake with a pinch of sugar or sweet sherry. • **Sherry wine** is a Spanish wine made from white grapes and fortified with brandy. Dry sherry is used in soups and poultry dishes while sweet sherry is added to desserts. • Choose dry, not sweet, **red and white wines** for cooking. Steer clear of bottles labeled as "cooking wines," as these are salty and contain additives.

Keep it fresh

Did you know that not all fruits and vegetables can be stored together? Fruits and vegetables are classified as either ethylene-producing (such as mangoes, bananas, grapes, citrus fruits, and tomatoes) or ethylene-sensitive (like broccoli, eggplants, leafy greens, carrots, and potatoes). Ethylene-producers release ethylene gas as they ripen, causing ethylene-sensitive produce to become soft and spotted when stored together. To prevent premature spoiling, separate the sensitive fruits and veggies from the varieties that emit ethylene gas. If space is limited, place produce in individual resealable bags and store in the crisper.



QUICK TRICK



Did you stumble upon a recipe calling for self-rising flour? It used to be absent from local supermarkets, but you can now find it in Metro Gaisano Supermarket in Market! Market!

Step by step: Making yogurt

Did you know that yogurt is incredibly easy to make at home? It's so much cheaper too. Follow these steps to creamy, dairy bliss!

Part 1: Heating the milk



1 Pour 2 liters of fresh milk into a large lidded saucepan and heat until bubbles form around the edges. **2** Place the pan on top of a prepared ice bath and stir gently to cool the milk down. Do this until you can dip a finger in the milk and comfortably hold it for 5 seconds. **3** Ladle some of the warm milk into a bowl containing $\frac{1}{2}$ cup plain yogurt (use a brand that contains live micro-organisms). Whisk the milk into the yogurt then add it to the saucepan with the rest of the milk.

Part 2: Fermenting the yogurt



4 Preheat oven to 150°F, moving the rack to its lowest position. Place the lid on the saucepan. Take a large towel or small blanket and wrap it around the pan to preserve its warmth. Secure with large pins, if necessary. **5** If you don't have an oven, you can also divide the milk mixture evenly among several jars, top with lids, and store them in a cooler filled with piping hot water. **6** Turn off the oven and place the pan inside. Whether using the oven or cooler method, let the yogurt rest for 6 hours. (Like it tart? Let it rest overnight.) Once it's set, you can strain it, then chill and enjoy.

Other ways to enjoy yogurt



Go Greek For thick, Greek-style yogurt, place yogurt in a cheesecloth-lined strainer set over a large bowl, allowing the whey to drip off in the refrigerator.



Mix with fruits For ice cream-like smoothies, combine 1 cup yogurt with 2 frozen bananas, half a frozen mango, and some frozen berries. Blend away.



Sweeten the deal For a simple breakfast, stir jam into yogurt for an instantly fruity boost. Top with fresh fruits, if desired.

D-I-Y: Granola cookies

Homemade and healthy, this sweet treat is easy to make and is packed with tons of good-for-you nutrients. It tastes good too!



What you need

- ☐ 1¾ cups all-purpose flour
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cinnamon
- ☐ ¼ teaspoon baking soda
- ☐ 1 cup butter, softened
- ☐ 1¾ cups firmly packed brown sugar
- ☐ 3 eggs
- ☐ 1 teaspoon vanilla extract
- ☐ 3½ cups granola
- ☐ ½ cup raisins (optional)

What to do

- 1** Preheat oven to 375°F.
- 2** Sift together flour, salt, cinnamon, and baking soda.
- 3** In the bowl of an electric mixer fitted with the paddle attachment, cream butter and brown sugar together on low speed. Add eggs one at a time. Stir in vanilla.
- 4** Mixing by hand, gradually add flour mixture. Add granola and raisins if using; mix just until combined. Chill dough for 30 minutes.
- 5** Place heaping tablespoons of dough, 2 inches apart, on a lightly greased pan. Bake for 10 to 12 minutes or until golden brown. *Makes about 5 dozen cookies.*

tip To keep this snack healthy, check the label of your granola. Choose the ones that aren't so high in fat. And in case you're not a fan of raisins, you can substitute them with other dried fruit like cranberries and blueberries. They're high in antioxidants!



In the *kid*-chen



Fruity Almond Jelly

Guess what? Kids like healthier snacks too! Little faces will light up when they dig into fresh fruits and jiggly jelly in a cup.



What you need

- ☐ 4 cups cold water, divided
- ☐ 3 tablespoons or 3 envelopes unflavored gelatin
- ☐ $\frac{3}{4}$ cup sugar
- ☐ 1 cup evaporated milk
- ☐ 2 teaspoons almond extract
- ☐ 2 mangoes, sliced
- ☐ 4 cups crushed ice
- ☐ 1 can lychees, quartered (syrup reserved)
- ☐ 2 kiwis, peeled and sliced into half rounds
- ☐ 8 pieces Maraschino cherries, halved, for garnish

What to do

- 1** In a cup or bowl, place 1 cup cold water. Sprinkle gelatin and let stand for 5 minutes. Transfer to a saucepan. Add the remaining water and sugar. Dissolve gelatin and sugar, stirring continuously over low heat.
- 2** Add milk and almond extract; mix well. Transfer mixture to 2 (9x13x1-inch) rectangular glass dishes. Refrigerate overnight or until almond jelly sets.
- 3** Slice almond jelly into 1-inch squares.
- 4** Scoop flesh of the mangoes into balls; set aside.
- 5** To serve, place $\frac{1}{2}$ cup crushed ice per bowl. Top with 8 almond jelly squares, 4 lychee slices, 3 mango balls, and 4 kiwi slices. Drizzle with 2 tablespoons lychee syrup and garnish with cherry halves. Repeat to make a total of 8 servings. Serve immediately. Serves 8.

tip For a delightful chewy texture, mix in cooked sago, black pearls, or nata de coco.



It's time to try...

Tofu

Here's to your health

Tofu or bean curd, which originated from China, is the pressed curd of coagulated soy milk. It has a neutral flavor and an appearance and texture similar to fresh cheese. Because of its high protein content, tofu has become a staple in vegetarian diets, often consumed as an alternative to dairy products and used as a meat and fish substitute. Rich in calcium, it may also reduce the risk of heart disease.

Get cooking

Tofu comes in different forms: silken, soft, firm, lightly flavored, and dried and extra firm (locally known as *tokwa*). So versatile in taste and texture, it is used in many Asian dishes such as soups, stir-fries, and stews, in steamed dishes and even in beverages and desserts.

Buying and storing

Tofu is widely stocked in supermarkets and wet markets. Store in the refrigerator and open the package only when ready to use. For leftovers, cover tofu with water and store in the fridge for up to one week. Change the water daily to keep it moist and prevent it from absorbing the flavors from surrounding food.



Vegetable-stuffed Glazed Tofu

Go meatless for a day. This flavorful and filling tofu treat can be served as a main dish or double as a side dish.

What you need

For the miso glaze

- ☐ ¼ cup red miso
- ☐ 2 tablespoons mirin
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon sake

- ☐ 1 medium carrot, julienned
- ☐ 2 cups spinach leaves, sliced into strips
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup oyster mushrooms, sliced into strips
- ☐ 2 tablespoons sesame oil
- ☐ salt, sugar, and pepper to taste
- ☐ 1 (600-gram) pack firm tofu, sliced into 12 (3-inch) lengths
- ☐ toasted sesame seeds for garnish (optional)

What to do

- 1** Make the miso glaze: combine all the ingredients; set aside.
- 2** In a pot of salted, boiling water, blanch carrots for 30 seconds; drain and place in a medium bowl.
- 3** In the same pot, blanch spinach for 15 seconds; drain, squeeze to remove moisture, and place in the bowl with carrots.
- 4** In a small frying pan, heat vegetable oil over medium-high heat. Stir-fry mushroom slices until lightly browned. Transfer to the bowl of vegetables. Mix the vegetables and mushrooms; season with sesame oil, salt, sugar, and pepper.

5 Brush all the sides of the sliced tofu with the miso glaze. Place vegetable mixture on top of 6 tofu slices. Top with remaining tofu slices to cover.

6 Arrange tofu on a lightly greased ovenproof dish. Bake in a turbo broiler set at 325°F for 5 minutes. After 5 minutes, baste tops with remaining miso glaze. Continue cooking for another 3 to 5 minutes or until lightly browned. Transfer to a platter and sprinkle with toasted sesame seeds. Serves 6.

*you're on your way
to a healthy meal in
just half an hour!*



Make good food with your...

Slow cooker

Throw and go

A slow cooker is an electric pot with a glazed ceramic or porcelain insert and a glass lid that cooks food at a consistently low and even temperature (that ranges from 170°F to 200°F) for long hours. It's an indispensable gadget for busy bees—you can simply set the ingredients to slow cook before leaving for the day and come home at night with a piping hot dish ready to serve.

Crock me up!

A slow cooker, also popularly called a Crock-Pot, is ideal for cooking soups, sauces, stews, and pot roasts. Tough, inexpensive cuts of meat are suitable for this gadget as the long, moist cooking process tenderizes the meat. You can also achieve deep flavors using a slow cooker since the flavors develop gradually within an 8- or 10-hour slow simmer. And with a low temperature setting, burning food is nearly impossible even when it's cooked too long. You could say it's foolproof cooking!

At the store

Slow cookers are available at department stores and appliance centers. They come in various sizes, from a 1.5-liter to 6.5-liter capacity, with prices ranging from P599.75 to P1,199.75.



Slow-cooker Beef Shank Stew

Intimidated by Italian-inspired osso buco? Try it using your slow cooker and be amazed at how fuss-free preparing a gourmet dish can be.

What you need

- ☐ 1/3 cup flour
- ☐ 1 teaspoon salt, plus extra to taste
- ☐ 1/2 teaspoon pepper, plus extra to taste
- ☐ 4 pieces bone-in beef shanks, sliced into 3-inch-thick pieces
- ☐ 2 1/2 tablespoons olive oil
- ☐ 3 tablespoons butter
- ☐ 1 medium white onion, chopped
- ☐ 1 tablespoon minced garlic, plus 1/2 tablespoon for garnish
- ☐ 1/2 cup finely chopped carrots
- ☐ 1/2 cup finely chopped celery
- ☐ 2 bay leaves
- ☐ 1 cup red wine
- ☐ 2 cups beef stock
- ☐ 1 (400-gram) can crushed tomatoes
- ☐ grated rind from 1 lemon
- ☐ grated rind from 1 orange
- ☐ 1/4 cup chopped parsley
- ☐ mashed potatoes and steamed broccoli, to serve (optional)

What to do

- 1** Season flour with 1 teaspoon salt and 1/2 teaspoon pepper. Dredge beef shanks in seasoned flour, tapping off any excess.
- 2** In a large stockpot, heat oil and butter. Sear the shanks on all sides until browned; set aside.
- 3** In the same pot, sauté onions until translucent. Add 1 tablespoon garlic and sauté until fragrant. Add carrots, celery, and bay leaves; cook until vegetables are tender, about 2 to 3 minutes. Increase heat to high and add red wine; let reduce to one-third. Return the beef shanks to the pot and add the stock and

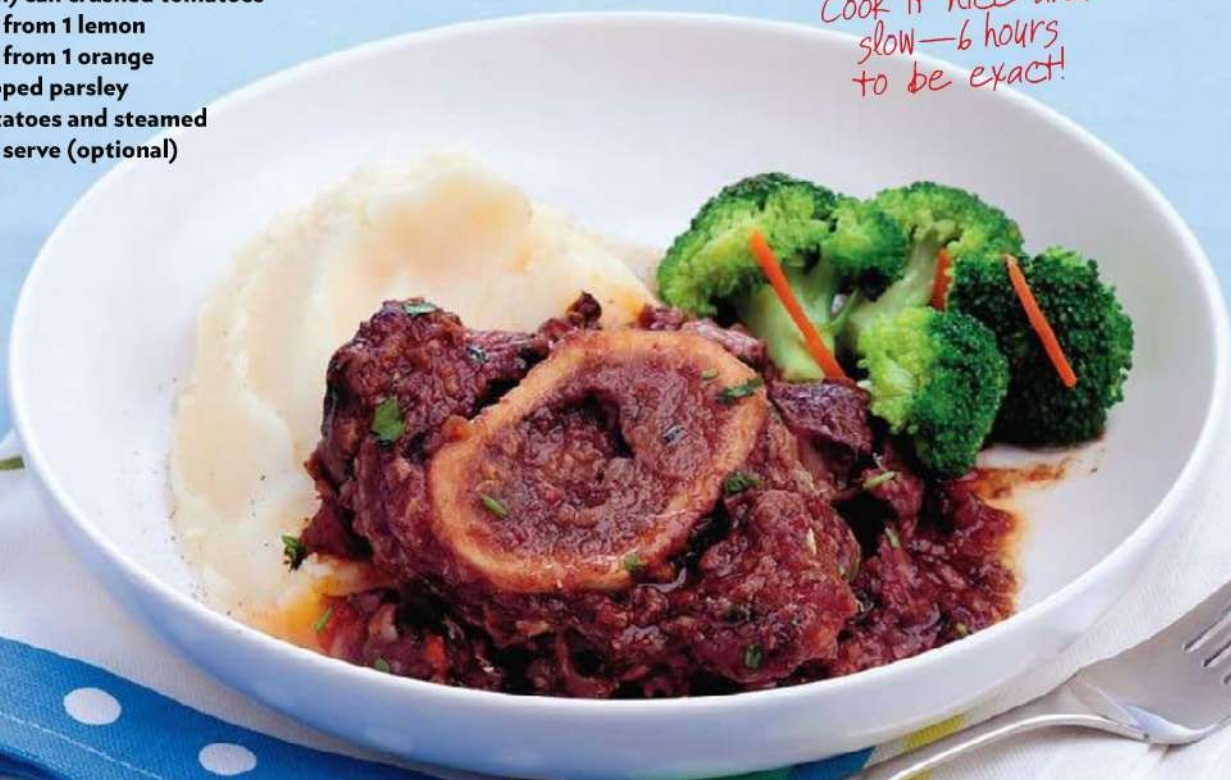
tomatoes. Season with salt and pepper. Bring to a boil then transfer mixture to a slow cooker.

- 4** Set the slow cooker to high and cook for 6 hours or until the beef is very tender.

- 5** In a small bowl, mix together lemon rind, orange rind, remaining garlic, and parsley; set aside.

- 6** When ready to serve, remove bay leaves. Transfer the osso buco to a serving platter and sprinkle with the lemon rind mixture. Serve hot with mashed potatoes and steamed broccoli, if desired. Serves 4.

Cook it nice and slow—6 hours to be exact!





Liz's 10 ideas: Honey

Oh, honey, honey! This pantry staple works its magic in the kitchen in so many wonderful ways. Here are 10 ideas to get you inspired.

1 Ham and pear panini with honey mustard

Mix honey together with Dijon mustard; spread on two slices sourdough bread. On one slice of bread, carefully arrange a layer of ham slices. Add peeled and thinly sliced pears on top. Cover with the other slice of bread then cook in an oiled panini press until grill marks appear. Serve hot.

2 Jalapeño honey-glazed chicken and carrots

Combine honey and lime juice or zest, soy sauce, chopped jalapeños, and minced garlic. Reserve half of the mixture then marinate skinless chicken thighs in the remaining half. Heat up a grill pan then grill chicken thighs, basting with the remaining mixture; set aside. Meanwhile, cook some vegetables to go with the chicken: Use a peeler to make carrot "ribbons," then sauté onions and garlic in a pan over medium heat. Add the carrots and some of the jalapeño-honey sauce; sauté until caramelized.

3 Sugar sub

Whether used as a topping or as a sweetener itself, honey adds a different depth to baked goods. It's healthier than refined sugar, too. Use both honey and molasses especially when baking with whole-wheat flour—their earthy flavors complement each other perfectly.

4 Honey cinnamon toasties

Combine warmed honey with cinnamon, mix well and set aside. Cut shapes out of bread with different cookie cutters. Spread honey-cinnamon mixture on top of each slice. Briefly broil in a toaster oven, watching carefully to make sure they don't burn. You'll want one side to be crisp and the other to still be soft. Yum!

5 Spiced honey

Boil honey together with some spices (we suggest cloves and cardamom); strain. Serve alongside cheeses, add to tea, or use as a dip!

6 Lemon honey tea

Save this one for flu season—it's guaranteed to help you get better! Place 3 cups water, a 3-inch piece of ginger, and half a lemon (sliced into wedges) in a saucepan. Bring to a boil, then lower heat and simmer for 10 minutes. Strain into a pitcher, pressing the lemon wedges to extract any remaining juice. Pour into teacups and add honey to taste.

7 Orange honey panna cotta with brown bread crumbles

If you've ever perused the honey section at the supermarket, you'll know that there are many different varieties available. Our favorite, and one you should definitely try if you like citrusy flavors, is orange honey—it adds a unique twist to desserts! We like using it in a creamy panna cotta, topped with brown bread crumbles (whiz whole-wheat bread in a food processor until they're the size of peas; pan-fry with cinnamon and brown sugar until crisp).

8 Honey butter

In a food processor or a mixer fitted with the paddle attachment, whip honey into butter until fully incorporated. Add cinnamon or vanilla extract, if desired. Spread on muffins, French toast, or pancakes.

9 Hoisin & honey pork chops

We could all use more recipes that don't require an extra trip to the supermarket, like Hoisin and Honey Pork Chops. Total number of ingredients needed? Three! Prep time? Three minutes. Cooking time? 10 minutes. Head to Yummy.ph to get the recipe of this three-ingredient, 13-minute wonder.

10 Honeyed chicken waffle sandwich

Enjoy the sweet-salty, crunchy-soft interplay of flavors and textures in this sandwich. It's comfort food at its best! Place 3 boneless and skinless chicken breasts between two layers of plastic wrap and pound until ¼-inch-thick with a mallet. Dredge patties in seasoned flour, dip in beaten egg, then dredge in breadcrumbs. (Want to add a bit of a kick to the chicken? Go heavy on the black pepper and add a pinch of cayenne.) Shallow-fry until golden brown and crisp, then set aside to drain on paper towels. Meanwhile, heat 4 frozen whole-grain waffles (or make your own from a whole-grain waffle mix, if you have a waffle maker) in a toaster oven. Sandwich fried chicken between waffles. Drizzle honey over the whole deal and dig in!



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Directory

YOUR GUIDE TO THE SHOPPING AND DINING ESTABLISHMENTS FEATURED IN THIS ISSUE

SUPERMARKETS AND DEPARTMENT STORES

The Landmark Supermarket

Ayala Center, Makati City; TriNoma, North Triangle, Quezon City.

Metro Gaisano Supermarket

B1 Market!Market!, Fort Bonifacio, Bonifacio Global City (tel. no.: 818-6658).

Robinsons Supermarket

At leading malls nationwide; for a list of all branches, see www.robinsons-supermarket.com.ph.

Rustan's Department Store

Ayala Center, Ayala Avenue, Makati City (tel. no.: 813-3739); and at leading malls including Shangri-La Plaza, Alabang Town Center, Glorietta 4, Robinsons Midtown Manila, and Gateway Mall.

RESTAURANTS

Amici

Space 12, Ayala Triangle Gardens, between Ayala, Paseo de Roxas, and Makati Avenues, Makati City.

Angel's Kitchen

57 Connecticut Street, Northeast Greenhills, San Juan (tel. nos.: 744-1018, 721-8822).

Banapple

Space 2, Ayala Triangle Gardens, between Ayala, Paseo de Roxas, and Makati Avenues, Makati City.

Bfast

Space 3, Ayala Triangle Gardens, between Ayala, Paseo de Roxas, and Makati Avenues, Makati City (tel. no.: 621-6113).

Golden Spoon

Space 1, Ayala Triangle Gardens, between Ayala, Paseo de Roxas, and Makati Avenues, Makati City (tel. no.: 759-4160).

Le Petit Artisan

G/F Serendra Piazza, Bonifacio Global City, Taguig City; G/F Greenbelt 5, Makati City.

Omakase

Space 11, Ayala Triangle Gardens, between Ayala, Paseo de Roxas, and Makati Avenues, Makati City (tel. no.: 467-3150).

Pizzeria Toscana

G/F Dunville Condominium, Castilla Street corner Valencia Street, New Manila, Quezon City (tel. no.: 411-3550, store hours only; mobile no.: 0917-8259546); open Mondays to Saturdays, 6:30 p.m. to 10 p.m.

OTHERS

Chef Myke "Tatung" Sarthou

17 Matipid St. Sikatuna Village, Quezon City (mobile no.: 0915-8463234).

ECHOstore

G/F Serendra Piazza, Bonifacio Global City, Taguig City (tel. no.: 901-3485).

Handyman Do It Best

At leading malls nationwide; for a list of all branches, see www.handyman.com.ph.

National Book Store

At leading malls nationwide; for a list of all branches, see www.nationalbookstore.com.ph.

Saizen

3/L East Wing, Robinsons Galleria, EDSA corner Ortigas Avenue.



January's Most Delicious

Chicken With Pizzaz!

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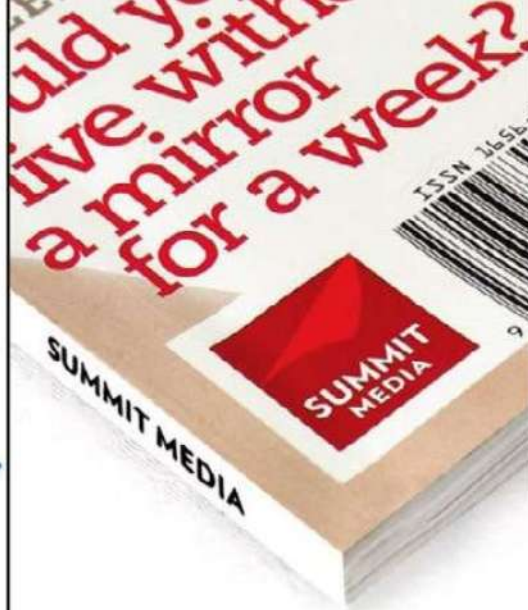
Majorcan Buttery Delights

Fun Food Fact: Did you know that the origins of ensaimada dates back to 17th century Majorca Spain? This delicious pastry is a mixture of sugar glazing, cheese and melted butter all wrapped up in a tasty bread. The Red Ribbon Ensaïmada gives you nothing less. Its melt in your mouth goodness brings with it just the right amount of sweetness. Give in and enjoy a Red Ribbon Ensaïmada—post holiday indulges.



Mamon-Mia!

Distinctly soft, golden crown like chiffon made with the perfect blend of white chiffon—the Red Ribbon Mamon is made to satisfy your cravings. Made with 100% butter that delicately melts in your mouth, this is the perfect treat for friends and loved ones this Christmas season. So, grab a pack of our Classic, Mocha, Ube and No Sugar-Added Mamon variants from your favorite Red Ribbon store today!



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No more inconsistent flavor!



While raw ingredients are great especially when fresh, sometimes they can pose a unique challenge even for the most experienced cooks.

The challenge really is in consistency of flavor.

Spices like garlic and pepper may vary in strength and can easily overpower the taste of the dish or even worse, not register at all.

The good news is, now you can consistently achieve the right flavor everytime.

Thanks to AJI-SHIO Seasoning Mix! AJI-SHIO has the real taste and aroma of garlic and pepper combined with the right saltiness and umami taste perfect for cooking, marinating and preparing dips & sauces.

"Aji-Shio helps you achieve the right flavor for your dishes, consistently!"

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Always the right flavor, everytime!





Fresh for Last

Lato

Two varieties of seaweed are available in the market: *guso* and *lato*. Both green in color, *guso* looks like miniature tree branches while *lato* comes in bunches of miniature green “grapes.” Both are often eaten as *ensalada* (salad)—*guso* is quickly blanched in hot water, while *lato* is usually dressed in a simple vinaigrette (vinegar and a pinch of sugar). The addition of an acid like vinegar, however, has a drying effect on the seaweed, drawing moisture from the little globes and stems and leaving them looking wilted. If you like the slightly sweet and sour taste of a vinaigrette dressing, how about using it as a dip instead of pouring the dressing on the seaweed?

Or you could try my salad recipe: I like to chop some onions and tomatoes, sprinkle ground black pepper and a pinch each of sugar and salt (or a small amount of *bagoong isda*), add the *lato*, and toss. It’s so simple! And it’s excellent with fried or grilled fish and rice. Once I bite into the *lato*, they pop, releasing a rush of thick liquid bursts that recall salty ocean waves. At home, I like to keep the salad in the fridge for at least an hour so that it’s nice and cold and fresh-tasting once it’s time to eat.

Seaweeds are often referred to as “sea veggies” and rightly so. They do look like leafy greens that grow in the sea. And just like green, leafy vegetables, they are loaded with minerals and vitamins. Rich in iodine, vitamin K, folate and other B vitamins, magnesium, iron, and calcium, there are studies that confirm that seaweeds have anti-inflammatory, anti-cancer, and anti-viral properties.

Many of us don’t realize how lucky we are to have such a wide variety of fresh seaweeds available all year round. Folks in Western countries don’t even get to enjoy this treat! Buy a bunch the next time you go to the market. Trust me, they’re great!—Divine Enya Mesina

Freshness in Every Pack

Cold Storage wants you know that when it comes to seafood — frozen fresh is ALWAYS best!

The joy of cooking begins not by getting the cooking procedure right, but also about getting the RIGHT ingredients in its best possible condition. Freshness plays a major part for your dish to taste just the way you want it. As most, if not all chefs would tell you, the freshest ingredients will make your dish taste the best! This ideal applies to most meat and poultry, and most of all to seafood. **Cold Storage** seals freshness in its array of frozen seafood products, so you can readily cook and serve great seafood dishes without going through the hassles of wet market.

One of Cold Storage's premium products is Cream Dory. With its distinctive silver and black color, its one fish variant that's gaining relative popularity among chefs and kitchen adventurers because of the variety of ways it can be cooked. Cold Storage Cream Dory has white meat color, no broken fillet, no foul smell and no bloodline, making it perfect whether steamed or cooked as a dish with cream sauce.



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